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Service Call

Eureka's 'effervescent' new councilmember and her Bible-smuggling past

By Kimberly Wear

5 We need to talk about Marcia Kitchen

9 Skilled liars?

22 You might be a hipster if ...


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Contents

5 **Editor**
You, Me and the Keys

6 **Mailbox**

6 **Poem**
Hit Man

9 **News**
Profits over People?

13 **Week in Weed**
Storming the Castile

14 **NCJ Daily**

15 **On The Cover**
Service Call

22 **Table Talk**
Salt of the Sea

24 **Down and Dirty**
If You Guild It, They Will Come

25 **Home & Garden**
Service Directory

29 **The Setlist**
If It Ain't Broke

33 **Front Row**
Opposites Detract

34 **Music & More!**
Live Entertainment Grid

38 **Calendar**

45 **Filmland**
Getting Real

46 **Workshops & Classes**

50 **Humbug**
Black Light Party

51 **Sudoku & Crossword**

51 **Classifieds**



Eureka's next city councilmember.
Read more on page 15.
Photo by Mark McKenna

On the Cover
Heidi Messner. Photo by Mark McKenna

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You and Me and the Keys

By Thadeus Greenson
editor@northcoastjournal.com

The first step is admitting we have a problem. But we can't seem to get past the anger.

Humboldt's headlines last week were dominated by news of Marcia Kitchen, the 39-year-old Fortuna woman accused of hitting and killing two 14-year-old girls, one of them her own daughter, in an alleged July DUI crash. Kitchen has now been formally charged and arrested in the case, and is free after posting $750,000 bail.

The scene on Sept. 15 at the Humboldt County Courthouse for Kitchen's arraignment, a brief appearance during which she entered not-guilty pleas in the case, could aptly be described as a media circus. Almost all local news outlets sent reporters and some sent a couple. One newspaper had photographers stationed at the courthouse exits to ensure it got a shot of Kitchen as she left, and a television cameraman followed Kitchen and her attorney down the street to get some footage and press her for a comment.

The interest is understandable. Two 14-year-olds run down on an evening skateboard ride is unthinkable in and of itself. Add the maternal relationship, the hit-and-run nature of the crash and the California Highway Patrol's two-months-long investigation, during which it released painfully little information about the case, and the community's thirst for information makes sense.

The troubling part is what we've done with the information we've got. There's no question that if the allegations facing Kitchen are true, she made a series of horrible decisions —criminal decisions — on the night of July 12. It would mean she got behind the wheel while intoxicated and then when she ran over two girls, she fled the scene. Nothing in this column is intended to offer an excuse for that kind of conduct because, well, there is none.

The problem I have is that we're failing to see the forest for the trees.

While the specifics of Kitchen's case may be more shock and horror inspiring, the underlying facts are the same as those that play out with astonishing regularity in Humboldt County. A couple weeks before Kitchen's arrest, a 23-year-old Arcata man allegedly hit and killed a pedestrian while driving drunk. Just a few days after Kitchen's arraignment, Kade Chandler, 21, stood before a judge who was to decide whether there's enough evidence to hold him to stand trial on charges that he drove drunk and killed two young women, one 19, the other 21.

According to the Humboldt County Sheriff's Office, 622 people were booked into county jail on suspicion of driving under the influence between Jan. 1 and Sept. 1, putting us on pace for more than 940 drunk driving arrests this year. This after 19 of last year's 28 county roadway deaths were drug or alcohol related. For the record, that's four more people lost to impairment on the streets than homicides in 2015.

Yet we seem to be ignoring most of this data. Instead, collectively, we seem to be treating most DUIs as shrug-worthy, something akin to waking up with a dull headache after a night at the bar. That is, until something truly horrible and tragic happens — like young people with full lives ahead of them dying in the streets. When that happens, we muster our collective ire and unleash it without reflection on a single perpetrator, Kitchen being the most recent example.

As I read through online commenters calling Kitchen things like "child killer" and urging society to push the justice system aside and string up a noose, I couldn't help but think back to 2007. I was a new reporter in Humboldt County then, when Cody Baker had too much to drink, crashed his car into Ruth Lake and killed four of his young friends, tearing Ferndale apart in the process. I covered his trial a couple of years later and reported on the multi-faceted tragedy, the bitter anger and the heart-wrenching loss.

Now, I wonder what we learned. It seems Baker's case — as much as it was splashed across headlines over the course of more than three years, as much as it crushed the families involved and made us all take notice — did little to bring about a real community conversation about the dangers of driving under the influence of drugs and alcohol.

The cold, hard truth is that, as a community, we have a problem that we all need to own. That means recognizing that the difference between driving after a couple of glasses of chardonnay and picking up your keys after a full day of drinking isn't as stark as we'd like. It means planning ahead for a safe way to get home if you're going to drink and expecting the same of your friends. And it means confronting those around us who don't abide by those simple rules. I wonder how many people were out with Kitchen having a good time after Rodeo on July 12, and how many of them had unspoken doubts as they watched her head for her Jeep that night?

Stemming the tide of this epidemic means having real and difficult conversations with our kids, teaching them never to get behind the wheel while under the influence and never to ride with someone who does. Perhaps more challenging, it means modeling that behavior for them, showing them how to plan for a sober ride home and how to speak up when you see someone who is about to put lives in danger.

In a county that's more than 4,000 square miles and has two taxicab companies, it also means pushing our local governments to do what they can to increase transportation options — whether it be recruiting Uber drivers, expanding bus routes and hours or investing in shuttle services — to make sure locals have easy, safe options when they don't plan well or a night gets out of hand.

We can continue to vilify the Kitchens, Bakers and Chandlers of the world. There will most assuredly be more of them, and it obviously gives us as a community some reassurance that we're OK, that our having a few glasses at Arts Alive or a handful of pints at the Crabs game, and driving home is fine.

But if we really want to bring something positive out of these tragedies and really honor those we've lost — Kiya Kitchen, Faith Tsarnas, Savannah Kindred, Kendra Lewis, Stephanie Hubbard, Nathan Titus, Jessica Toste, Steve Shroyer, to name a handful — we need to recognize that this isn't solely about Marcia Kitchen. It's about all of us. ●



A Civil Forum

Editor:

The federal judge's decision to order a trial in the Thomas McClain police shooting civil case was an important victory not only for the plaintiffs but also for members of the community who, like me, have been following the case with deep interest (NCJ Daily, Sept. 8).

The question of fault needs a public airing. Was it McClain's? He had a BB gun on him. EPD's? They are entitled to defend themselves in the face of lethal threat. A combination of both? Or, is neither party at fault?

Reading press accounts of the summary judgment ruling in the case, McClain's death appears to be a tragic and catastrophic case of miscommunication between EPD and McClain. For my satisfaction and, I believe, the public's, only a trial before a jury would be trustworthy enough for the truth to emerge and fault to be assigned.

It must be remembered that the question of fault — of who's to blame for McClain's death — has not been determined. EPD only determined that the officers involved did not violate its internal rules. The district attorney only determined that the EPD officers did not commit any crimes.

The McClain civil case illustrates the value of the civil justice system in our society. The right to file a lawsuit is protected by the First Amendment ("Congress shall make no law ... abridging ... the right of the people to petition the Government for a redress of grievances"). But civil lawsuits have a poor reputation in our country, a reputation that is undeserved in my opinion. It's precisely in instances like this — where a satisfactory answer does not come from our government — that the civil justice system provides a vital alternative forum for truth finding.

Peter DeAndreis, Eureka

Thanks for the Coverage

Editor:

Thank you for your article about the rabies outbreak in Orleans ("Battle of Orleans," Sept. 8). It's nice to see our town acknowledged for a non-sexually transmitted disease for a change.

Mark Dondero, Orleans

A New Perspective

Editor:

Similar to the Victorian building John Fullerton's office is located in, John himself is bringing to the table an antiquated approach to Eureka's issues. At John Fullerton's launch party, Rex Bohn and Eureka Mayor Frank Jager were on hand to chide Austin Allison for his attempts: calling him a rookie and dissuading young advocates from getting involved in our political process.

I, for one, believe strongly that Austin Allison can bring to the table a fresh perspective. He was on the front line for the fight for fair wages at St. Joseph Hospital. Austin's commitment to this community has already been seen firsthand. With his support from the North Coast People's Alliance, and people like myself, we can be the change we want to see.

Tiva M. Insolo, Eureka

Editor:

It's never been clearer, on either a national or a local level, that the people are ready for change. Our old ways of doing business aren't cutting it, and we need fresh ideas to move forward as a more just and equitable society.

John Fullerton represents an antiquated and outdated philosophy – one that thinks it's just hunky-dory to go along with the 1 percent continuing to get richer and make all the decisions, on the backs of the hard work of the 99 percent. He's extremely conservative and a former chair of the Republican Central Committee. Fullerton's been publicly quoted as thinking that the recommendation of our local Human Rights Commission to offer an option for legally recognized same-sex domestic partnerships was "unthinkable."

What's unthinkable to me is the idea that we would elect this kind of person as a leader of our city. Austin Allison will be getting my vote this Nov. 8. www.VoteAustinEureka.org.

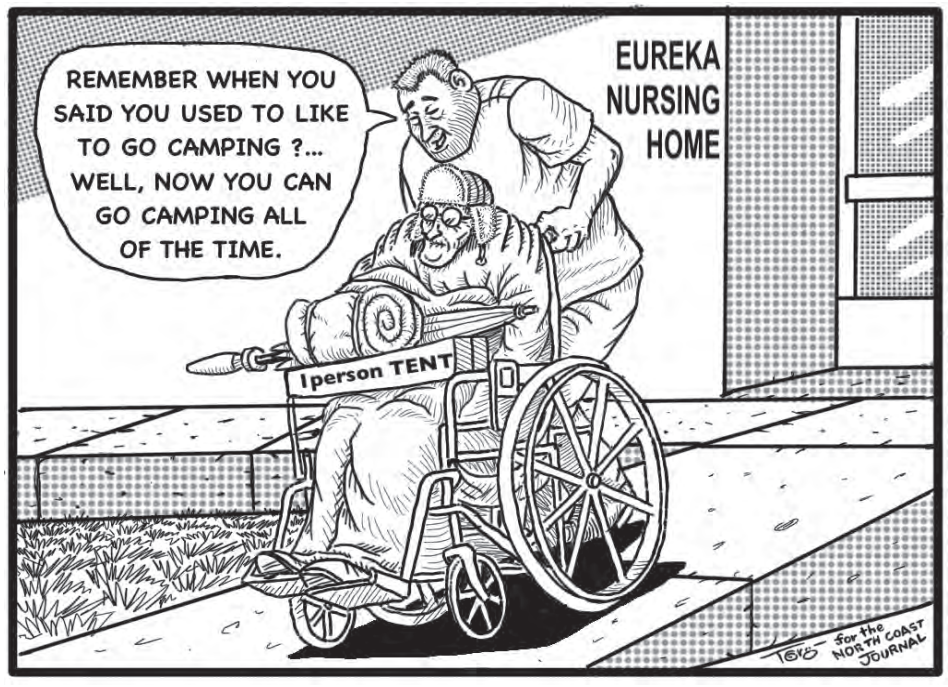
Allen McCloskey, Eureka

Editor:

Our county and city leadership has too often been dominated by hand-picked, corporate-friendly candidates. Their vote for big business interests perpetuates the cycle of the rich getting richer and the poor getting poorer. It is time for our elected leaders to act to protect the rights of the working people and the environment, which provides us life.

It's time for a fresh voice rising up from a new generation of Eure-

Continued on page 8 »



Terry Torgerson

Hit Man

When you shouted you were a hit man
and lunged across the sidewalk at Sam's forehead
with your third finger stretched like a weapon
under the battered green siding of the old Eureka Inn
I thought
please, world,
let him be delusional.

You were, I think.
No deaths nor impact accrued.
Your laughter a deflection
as sure as the shield of our affluence.
And we all stumbled away
you to that private adventure of supernatural swashbuckling
perhaps at others' expense in mirthful dark alleys
we to dinner
and the small sounds of bland eating
under this cloudy encounter
with the unhinged.

I will hold all of my many questions.
Another evening, I assume, your greeting will be mundane.
Tonight, you quickened our pulses
and stretched long the ache of remembrance that says
we are all uncertain kin.
I am sorry I had nothing to offer you but our escape.
Next time I will fervently hope for yours too
though I failed to catch
and keep
a long look
at your face.

— *Brenna Silbory*

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Continued from page 6

ka residents and representing all the people who understand that the old ways of doing business are not working and won't serve the people or the planet moving into the future.

Eureka City Council candidate Austin Allison is that voice. Austin understands that we need government that works for everyone, not just a select few. Austin is courteous, open, realistic and innovative. As a homeowner in Eureka, I feel confident Austin will work hard to keep Eureka improving by representing, protecting and lifting up working class individuals and promoting small, local businesses.

Please vote for Austin Allison this Nov. 8!

Joan Dixon, Bayside

Editor:

Austin Allison, candidate for Eureka City Council, understands the needs of working people and small businesses in our community, and he will fight to defend our best interests. Austin's genuine enthusiasm and unique perspective will bring practical new ideas and refreshing energy to the Eureka City Council.

As you can probably guess, his opponent has a substantial financial advantage. With support from big business and the 1-percenters, he will certainly outspend Austin. But Austin has a different advantage — he's a caring, compassionate and capable person who truly wants to serve and represent the people. Please join me in supporting Austin's campaign by volunteering, donating, and/or displaying a sign in your yard.

With our support, Austin can win this city council seat and prove that our local government is not owned by a select few, but that it can truly work for all of us if we stand together.

Samuel Flory Silbory, Eureka



Yes on V

Editor:

When I started this Measure V initiative, I was one. By February, we grew to a hundred. By July, to thousands. Now we are in the most difficult lap to the finish. We are a grassroots group struggling to raise funds to educate voters. For every dollar we raise, opponents raise thousands more — more than $135,000. Their campaign is based on the threat of taxpayer expense that is nonexistent; V pays for itself through park homeowners' monthly payments.

Will Humboldt voters allow multi-million dollar corporations, whose money is made off the backs of our poorest and most vulnerable citizens, to buy votes by scaring everyone with lies so they can continue exploitation of mobile home park residents, eventually decimating 9 percent of Humboldt's affordable housing? Tell everyone you know to vote YES on V — together we can stop the 1 percent, just like David stopped Goliath. Go to humboldtmobilehome.org.

Hilary Mosher, McKinleyville

Vote Red

Editor:

Vote smart and never leave either party (Democrats or Republicans) in power too long ("Vote Smart, and Humane," Sept. 8). Power corrupts! The Democratic Party is now so corrupt it will take a decade to clean it up.

Historical correction of: "freight train riders who were mostly older men unable to hold a job or family." That is so very wrong. The vast majority of "hobos" were young men traveling from town to town across the USA looking for work to survive and/or feed their families. Men like Lois L'mouir, the famous writer.

Hobos were not looked down upon until the 1960s when "hippies" joined their ranks not looking for work, but avoiding the draft. Avoiding responsibilities. Right now a "smart vote" is Republican.

Martin "Red" Johnson, Arcata

Missing the Bern

Editor:

The slime, sleaze and lies of the Trump campaign and the Wall St. money interests of the Clinton machine make Bernie look all the better. And he is real, unlike the pathetic jokers we have now. Between the incompetency of the not-ready-for-prime-time Trump campaign and the baby steps of Hillary, the country is missing out on needed fundamental change.

Casey Wagner, Eureka

Write an Election Letter!

The *Journal* will publish letters related to local elections through Nov. 3, meaning you have until Monday, Oct. 31, at noon to get your opinion on local council races or any other election matters into print. Election letters must be no longer than 150 words — and we'll only run one per writer per week. We'll fit as many as we can into the print edition and run others online. Get writin'. (Letters responding to the *Journal*'s non-election coverage are, as always, welcome and encouraged, and can run as long as 300 words.) All submissions should include the letter writer's full name, place of residence and phone number (we won't print your number). Send them to letters@northcoastjournal.com. ●

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Source: California Department of Public Health's website and the California Advocates for Nursing Home Reform.

Profits over People?

Officials scurry to stop skilled nursing closures

By Thadeus Greenson
newsroom@northcoastjournal.com

State and local officials continue to fight the proposed closure of three local skilled nursing facilities, warning the closures would create a crisis with reverberating impacts throughout the region.

Rockport Healthcare Company — which manages all five of Humboldt County's major skilled nursing facilities on behalf of Brius Healthcare — recently announced its intent to close three local facilities, which combine to house and care for nearly 200 of the county's most vulnerable residents. In filing closure and relocation plans with the state Department of Public Health, Rockport claimed the closures were necessitated by a severe staffing crisis at the facilities that had caused the company to lose more than $5 million over the past 18 months, leaving no viable alternatives.

But many charge Rockport is simply putting large profits over basic community — and human — needs.

A flurry of activity has followed the company's announcement last month that it intends to shutter the facilities, which would reduce the number of beds in local skilled nursing facilities by 60 percent. Most notably, the Office of the California Long Term Care Ombudsman is petitioning the Department of Public Health to place the three facilities — Eureka, Seaview and Pacific Rehabilitation and Wellness — under receivership, which would be unprecedented.

If they proceed, the closures would have reverberating impacts throughout Humboldt County. First and foremost, the closures would leave only about 38 local beds to take in the 190 or so displaced patients, meaning many would have to be moved hundreds of miles

Continued on next page »

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elsewhere in California or into Oregon, in some cases further compacting bed shortages in those communities. The transferred patients would also be at risk due transfer trauma — or the phenomenon that sees frail and elderly patients suffer steep declines after being moved long distances to new facilities. But the closures would also leave an ongoing problem, as these facilities are heavily relied upon by two populations: those recently discharged from the hospital who need extensive nursing care to recuperate before returning home and the frail elderly and disabled who need long-term care.

The closures would also leave hundreds of local healthcare workers jobless.

Currently, the Department of Public Health is considering a second closure and relocation plan submitted by Rockport, after the first was rejected on the grounds that it didn't provide adequate detail on how the company would address transfer trauma or specify where the 136 patients who can't be accommodated locally would go.

North Coast state Sen. Mike McGuire urged the department to again reject Rockport's plans, which he states in the letter now include a provision for the three facilities to stop accepting new patients on Sept. 24. "This will immediately usher in a crisis that could otherwise be avoided if the company were to stagger the closures or — as we have requested multiple times — simply not close their facilities or seriously evaluate an alternative operator," McGuire wrote.

As McGuire hints, many officials have voiced frustration that Rockport seems to be a reluctant — and even a dishonest — partner in any discussions trying to chart a path forward that doesn't include the abrupt closure of the three facilities.

In a scathing letter to Department of Public Health Deputy Director Jean Iacino, the National Union of Healthcare Workers (NUHW), which represents some 12,000 caregivers in hospitals and skilled nursing facilities across the nation, indicated it has "profound" concerns about the proposed closures and that it is dubious of the reasons proffered for them.

Rockport CEO Vincent Hambright has repeatedly stated that his local facilities have had trouble fielding a qualified workforce, sometimes blaming the local marijuana industry for competing for workers, as he did at a recent meeting with residents and their families (see "What Will Happen to Ma and Pa?," Sept. 15). To underscore his point, Hambright has said the company has lost $5 million in revenue over 18 months due to having to recruit and house temporary staffing from outside the area.

In its letter, NUHW uses data Rockport itself submitted to state regulatory bodies to dispute these claims. First, the union points out that for the 12-month period ending Oct. 31, 2015, Rockport reported to the state that only 1.4 percent of its full-time-equivalent positions at its five Humboldt facilities were filled with temporary employees. Further, the company's earnings statements submitted to the state indicate it netted more than $5.4 million in profit from the five facilities in the five-year period from 2011 through 2015.

> "We disagree that there is 'no other option' than to shut down the three nursing homes and displace hundreds of frail elderly residents."
>
> *— National Union of Healthcare Workers*

That profit includes a combined $1.5 million loss from the facilities in 2015, but NUHW says that needs to be put in some context.

"The $1.5 million loss pales in comparison to the profits Brius enjoys from its approximately 81 nursing homes and assisted living facilities across California," the letter states. "Brius, which controls one of every 14 nursing home beds in California, is our state's largest nursing home company and recently began expanding to Nevada and Texas. In 2014, Brius reported profits of $77 million from its California facilities in a report to the California Attorney General's Office."

"We disagree that there is 'no other option' than to shut down the three nursing homes and displace hundreds of frail elderly residents," the letter continues after noting that Brius CEO Shalom Rechnitz also boasted during an interview with ESPN of taking in $3 billion in

annual income. "It is commonplace in the healthcare industry for companies to use the profits generated at some facilities to subsidize other healthcare facilities performing vital service to our communities."

All that said, NUHW concedes there's a staffing problem at Rockport's Humboldt County facilities. Almost 78 percent of the company's employees at Eureka Rehabilitation and Wellness turned over — meaning they left and were replaced — over the 12-month period ending Oct. 31, 2015, according to NUHW's letter, which the union attributes to "substandard wages and poor working conditions."

Attempts to reach Rockport for this story were unsuccessful.

Rockport has also blamed low Medi-Cal reimbursement rates in rural areas for hamstringing the company's efforts to keep doors open in Humboldt County but, as we reported last week, the company's five local facilities all receive reimbursement rates exceeding the state average.

North Coast state Assemblyman Jim Wood sent out a press release noting that he and Partnership HealthPlan of California — the local MediCal distributor — are working hard to prevent the closures, noting that Partnership has already pledged to increase state reimbursement rates to local Rockport facilities by 2 percent, with another 2 percent bump if Rockport were to participate in a program to improve patient safety and care.

Wood states in the release that he's working and has identified both some short-term options and long-term solutions to keeping these facilities open.

"Now the rubber hits the road," Wood said in the release. "We have identified several solutions and now need to see Rockport step up and respond by not closing the facilities and continuing to work with all stakeholders to remain a provider for the long term."

Meanwhile, as Wood and McGuire do what they can to apply pressure and find solutions behind the scenes and the Department of Public Health weighs whether to take the unprecedented step of trying to put the facilities into receivership, a community sits on edge, wondering if a company will be allowed to put seven-figure profits above some of the most vulnerable among us.

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Photo courtesy of the Clarke Historical Museum

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Storming the Castile

By Thadeus Greenson
thad@northcoastjournal.com

California's new Bureau of Medical Cannabis Regulation launched a series of stakeholder meetings Sept. 19, beginning a seven-stop tour to gather input that will skip the North Coast entirely.

The bureau will be looking to get local perspectives on licensing and regulation requirements for dispensaries, distributors, manufacturers, testing laboratories and transporters, but it looks like we Humboldters will have to spend a few hours in the car to get our voices heard. Despite the fact that some estimate that as much as 70 percent of California's marijuana comes from the Emerald Triangle, the tri-county area won't get a meeting to call its own and will instead have to travel to Redding or Santa Rosa.

The bureau also has gatherings scheduled for outside of Sacramento, Fresno, Oakland, Los Angeles and San Diego. Some will surely point to this as evidence that the bureau has a big-city bias and is intent on squishing the little guy.

Those folks would, however, be ignoring the fact that we already got a meeting with the bureau chief back in May, during which there was little talk of medical patients and lots of talk of protecting business interests. The meeting came to a close with someone shouting down bureau staff, urging them to "do the math" and preemptively blaming them for the "collapse of an entire industry."

Maybe they failed to appreciate Humboldt County's rural hospitality.

●

The brain trust behind everyone's favorite backpacking soap is throwing his support, and his dollars, toward supporting recreational marijuana legalization.

According to a report in the *Cannabist*, David Bronner, CEO of the world famous Bronner's Castile Soap, recently decided to pull his company — and its financial support — from the Organic Trade Association when it removed a mandatory GMO labeling provision. That left Bronner with $660,000 to spare, and he announced he's taking the all-natural body care bounty and throwing it behind marijuana legalization initiatives in five states, including California.

"The expected sweep of these states will exert enormous pressure on federal lawmakers to end the racist outdated policy of cannabis prohibition, that shreds productive citizens' lives and families for no good reason, and focus law enforcement resources instead on actual crime," Bronner said in a statement.

In addition to California's Proposition 64, ballot measures in Massachusetts, Maine, Arizona and Nevada seek to legalize recreational marijuana in November and join the ranks of Colorado, Alaska, Oregon and Washington.

But California's measure takes things a step further than its counterparts, as it would allow for the resentencing of inmates being held for crimes the proposition would render legal and would also provide a path for prior offenders to expunge their records.

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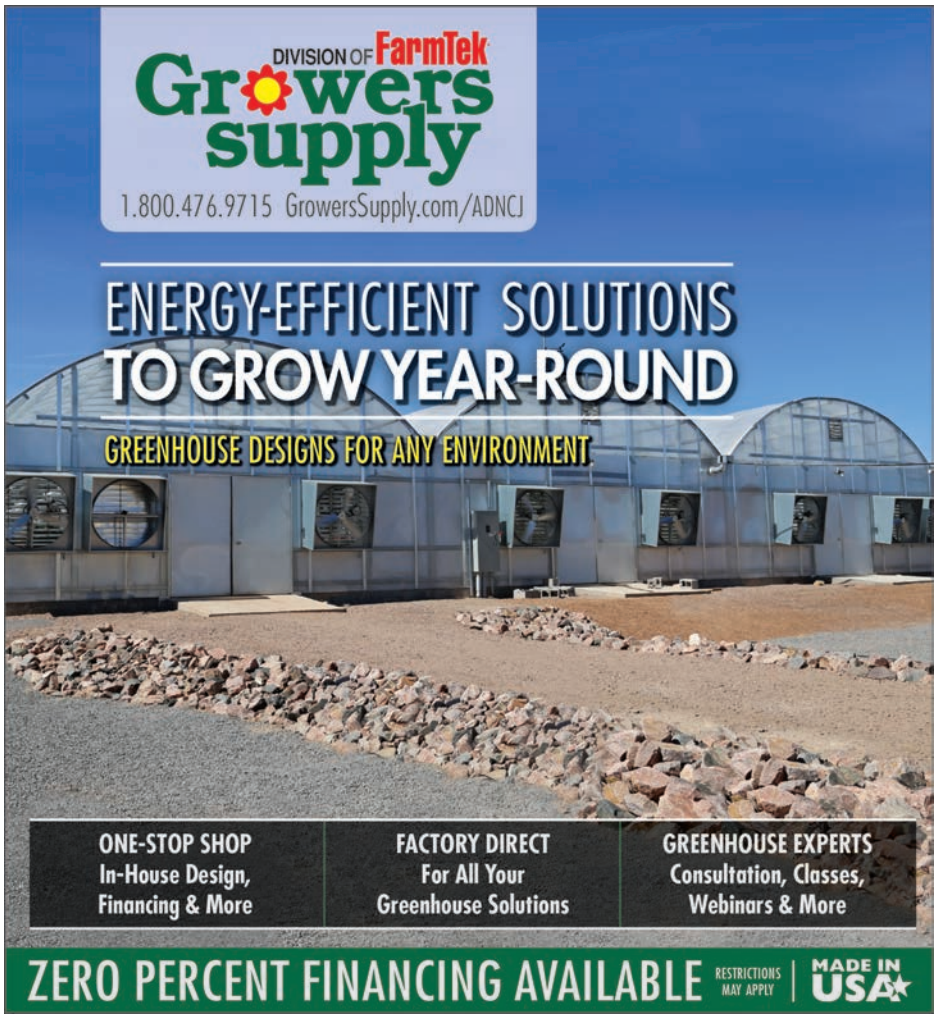
Truckee Police Chief Adam McGill is apparently no fan of Prop. 64, as his Twitter feed will attest, with numerous links to op-eds decrying the proposition as bad for public health. But McGill recently made some small-town-sized waves when he tweeted, "Fact: Not a single person is in a California prison convicted solely of MJ possession. Source: CA Dept of Corrections."

While the tweet may be true — we're checking with the CDC — and has certainly been picked up by some anti-legalization folks, it at best tells a fraction of the story. How many are in prison for cultivation of marijuana? How about transportation? Possession for sale? Possession of concentrates? According to a 2010 state report, the most recent we could find online, 1,320 inmates were being imprisoned for cultivation, possession for sale and possession of concentrates.

At a cost of about $47,000 a year, according to the Legislative Analysts Office, that's a cool $62 million we taxpayers spent to incarcerate those folks.

What do those numbers look like today in a post prison realignment era? We'll let you know when the CDC gets back us.

●





Mother Arrested in Fatal Crash

Two months after allegedly killing her daughter and another 14-year-old girl in a DUI car crash, Marcia "Marci" Kitchen has been arrested and charged in the case.

Long identified as a suspect, Kitchen surrendered to police Sept. 14 after a warrant was issued for her arrest, as her attorney, Ben Okin, has long maintained she would. The following day, Kitchen appeared in Humboldt County Superior Court and pleaded not guilty to one count of vehicular manslaughter without gross negligence and one count of DUI causing injury. She also denied special allegations relating to there being multiple victims and fleeing the scene of the crash.

Kitchen, who is free after posting $750,000 bail, faces a maximum of 14 years in state prison if convicted on all counts.

The case has captivated and enraged the local community since a 911 call at about 9 p.m. on July 12 reported a hit-and-run crash that left two teenage skateborders — Kiya Kitchen and Faith Tsarnas — dead. While the California Highway Patrol named Kitchen as a suspect within days of the crash, it only publicly labeled her as a person of interest in the case and released minimal details of its investigation in the ensuing months.

A statement of probable cause compiled by District Attorney investigator Adam Jager in order to get a warrant for Kitchen's arrest shed additional light on the case, and the evidence collected against Kitchen.

According to the document, Kitchen was seen returning to her residence minutes after the collision in her gray Jeep Wrangler, which police later found concealed behind a fence in her backyard less than two miles from the crash scene on Eel River Drive. "Within 10 minutes," Kitchen returned to the scene of the crash, where multiple officers observed that she was "extremely intoxicated," according to the document.

"During the lengthy investigation, it was determined that Marcia Kitchen was in fact the driver of the Jeep when it struck the two pedestrians, one being her daughter," Jager's statement reads. "This is based on the following facts: The vehicle is registered to her, it was located concealed at her residence, the Jeep's driver's seat was adjusted for someone of her stature, there is physical evidence that confirms the Jeep is in fact what struck the victims and Kitchen made statements to friends and family after the collision that she is the one who was driving her Jeep when the pedestrians were struck."

Kitchen is next due back in court Sept. 29, with a hearing set for Oct. 6 to determine if there is enough evidence to hold her to stand trial in the case.

— *Thadeus Greenson*

POSTED 09.15.16. READ THE FULL STORY ONLINE.

Samba and Sunshine



Volunteer Jasmine Gaston of the Fortuna Conservation Corps provided water to members of Samba da Alegria and got down herself during the Samba Parade at the North Country Fair on Saturday. Photo by Mark Larson. *POSTED 09.18.16*

Make us a part of your daily life

For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.

Chinn Opens Shelter: Surrounded by a host of elected officials, Betty Kwan Chinn opened her family shelter Sept. 9. The new facility will provide temporary shelter to 14 families and a convalescent space for 10 homeless individuals recently released from the hospital, who will receive 24/7 care from St. Joseph Hospital staff. *POSTED 09.19.16*

No Charges: Humboldt County District Attorney Maggie Fleming has opted not to bring charges against a 21-year-old Eureka woman arrested in June after a hitchhiker in her truck was killed in a rollover accident on State Route 299. Adryan Nicole Pollock, Fleming determined, was not at fault, deeming the crash "a tragic accident that did not involve criminal liability." *POSTED 09.17.16*

Commissioners Sued: Five California Coastal Commissioners — including Del Norte County's Martha McClure — have been named in a lawsuit alleging pervasive violations of state laws requiring that they disclose meetings with developers and lobbyists. Brought by the nonprofit Spotlight on Coastal Corruption, the suit alleges 590 violations over a two-year period and asks that applicable fines be paid to the state. *POSTED 09.20.16*

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Digitally Speaking

1.14 The number of opioid prescriptions per Humboldt County resident, a 23 percent drop since 2010, according to the Humboldt County Department of Health and Human Services. *POSTED 09.14.16*

They Said It

"I look at that now as a very dark time in our recent history."

— Humboldt County 4th District Supervisor Virginia Bass at the opening of Betty Chinn's family shelter, commenting on a period when Chinn was shunned by the local business community and harassed by the police for her homeless outreach efforts. *POSTED 09.19.16*

Comment of the Week

"Slim down with pot? News to me and the rest of my fat, smokin' buddies. Maybe I'm not smoking enough."

— "Mr. Geezer" commenting on a Sept. 5 Journal *column, "Eureka Goes to Pot," about a University of Miami study that found cannabis users are less likely to be overweight.* *POSTED 09.15.16*



Eureka's next city councilmember, Heidi Messner, on stage at the Faith Center.
Photo by Mark McKenna

Service Call

Eureka's 'effervescent' new councilmember and her Bible-smuggling past

By Kimberly Wear
kim@northcoastjournal.com

While Heidi Messner stepped away from pursuing an acting career to follow her family's footsteps in the Christian ministry, her early childhood has all the makings of a Hollywood movie.

Messner — who as a 4-year-old innocently distracted border guards from discovering the Bibles her family was smuggling behind the Iron Curtain — is now the mother of two grown children and will take to a different kind of stage come December when she steps to the dais as a Eureka councilmember representing the city's 2nd Ward.

Messner says she did not make the decision lightly, but only after careful thought and consideration. That included the guidance of her maternal grandmother, who herself spent 30 years on the Brentwood City Council, including time as mayor of the Bay Area city, and — Messner adds — is very excited.

"I don't make a decision until I know what it entails," the 48-year-old notes. "For some people, it seemed like it was coming out of nowhere because there weren't a lot of people that I told."

> "I was going into it with my eyes wide open."
>
> — *Heidi Messner*

"I was going into it with my eyes wide open," she adds. "I was doing my research for two years."

The choice, she emphasizes, is not about a religious agenda or political ambitions.

"It is important to understand that I do not bring agendas to this position. I came into it with a desire to serve the community to the best of my ability," she says. "I am not a bought and paid for candidate."

And, while some might think her role as a pastor means she's a conservative, Messner says she considers herself a moderate. But she also doesn't shy away from the notion that her faith is an integral part of who she is and will guide her decisions in City Hall.

"My faith and role as a pastor helps me be compassionate and allows me to stay connected to human need in a way many do not have the privilege of experiencing," Messner says. "It has afforded me unique experiences with the world around me, which has better equipped me to have a diverse perspective and macro, rather than micro, view of life."

Faith and helping others have always been an integral part of Messner's life — a legacy passed down by her parents and embedded in an early childhood that was anything but ordinary.

While other American-born children spent the early 1970s watching *Sesame Street*, riding their banana seat bikes to school and learning to navigate the social strata of the blacktop at recess, Messner was living a very different life.

When she was 3, her parents set off on a mission to smuggle Bibles behind the Iron Curtain at time when spreading the gospel in the Communist stronghold was akin to peddling contraband.

Her parents, both 21, would spend the next few years crisscrossing far-flung regions of the world with their young

Continued on next page »

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The bill in its entirety can be viewed here: tinyurl.com/HumboldtRecycles
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On the Cover

Continued from previous page



Heidi Messner, pictured standing in front of the Faith Center in Eureka, will hold a public meet and greet at the Carson Mansion from 5 to 7 p.m. on Oct. 11 that will include an opportunity to tour the historic building. *Photo by Mark McKenna*

brood in tow: Messner, the middle child, and her two brothers.

"We were actually very poor," Messner says. "We actually didn't have anything. They sold everything and bought the plane tickets. ... We just had our little suitcases."

Messner and her family assumed code names as they traversed 23 countries during their travels, many in the Eastern Bloc as well as Iran, Pakistan and India, where she first entered school.

While many memories of those years have faded, Messner says she does remember an incident when border guards ordered her family out of a van that had Bibles concealed under false seats.

Standing outside while the guards banged along the walls of the vehicle, she started singing "Jesus Loves Me." Her mother, Messner recalls, was "freaking out."

"Jesus," after all, is understood by speakers of many languages and their religious mission was not one the family wanted to advertise.

But instead of heightening their suspicions, the guards gathered around the young Messner, admiring her blond curls while making references to the famous French actress Bridget Bardot. Then, they let the family continue on.

It was an experience that taught Messner at an early age that every voice — no matter how small — can make a difference.

"My mother was like, 'See, even at 4 you could help them get distracted. Even at 4 you had the ability to do things,'" she recalls.

When Messner and her brothers were all elementary school age, the family headed back to the United States and settled in Eugene, Oregon, where her parents would pioneer their own Foursquare Church.

> "It is important to understand that I do not bring agendas to this position."
>
> — *Heidi Messner*

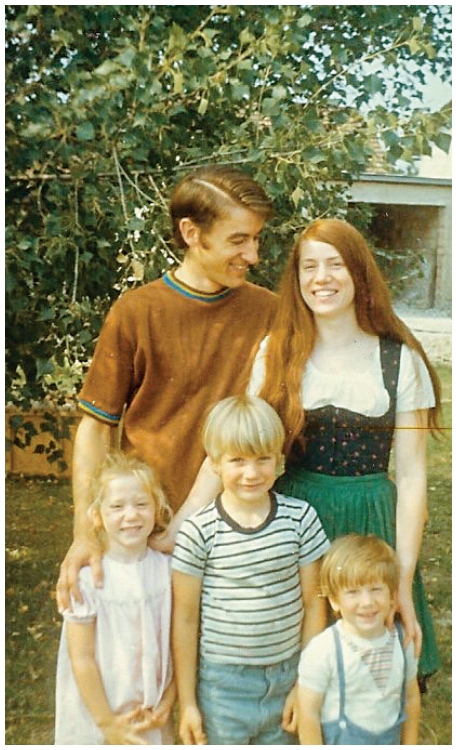
Founded in 1923 by Aimee Semple McPherson, who was known for her humanitarian work as well as elaborate stage productions to illustrate her sermons, the evangelistic ministry now has more than 1,700 U.S. churches — including the Faith Center in Eureka, where Messner and her husband Matt are co-pastors.

The adjustment, Messner says, wasn't always easy.

"I remember when we came back (to the U.S.) it was very hard because (people) didn't believe you. ... It didn't seem real. We'd get in trouble, from teachers even, and my parents would have to say, 'She really did live in Iran,'" Messner says.

There were also a few surprises, including learning her parents' real names: Mark and Linda. During their time overseas, they had been traveling under the aliases of Jeremy and Rachel Hicks. Once safely back stateside, Messner and her brothers also found out their actual last name was Wilson.

What people often don't realize,





Photographs of Heidi Messner, her parents Mark and Linda Wilson, and her brothers Shaun and Eric Wilson during their travels in the early 1970s across 23 countries, many behind the Iron Curtain, smuggling Bibles.
Courtesy of the Messner family





Messner says, are the very real dangers many Christians around the world face for their faith.

The family's travels didn't stop once they settled in Eugene. Summers meant missionary trips, mostly down to Central and South America. When she was 16 years old, Messner was singing and performing plays about the gospel for men being held in Mexican prisons.

"I've been in a lot of those situations in my life. I think, because of the way I grew up, I don't have a lot of fear," Messner says. "That's opened a lot of doors for me."

One of those doors

led her to the council.

Standing at her side will be her husband of nearly three decades, who says he's proud of his wife's decision to run. Neither consider themselves political, he says, and they steer clear of political issues at church to ensure a sense of inclusion.

"I see it more as a way to serve the community," Matt says. "That's always been our goal: To improve the lives of people."

What Messner hadn't expected was how it all happened. What she thought would be a contest among several candidates ended at the 11th hour with Wells Fargo broker Matthew Owen and former 5th Ward Councilmember Chet Albin both withdrawing from the race.

"It was," Messner says, "quite a surprise."

She says she had no concerns about running against Owen, who — along with his wife Humboldt County 4th District Supervisor Virginia Bass — happen to be her neighbors.

Owen, Messner says, was the first person who encouraged her to run.

While she now has the seat, her candidacy was almost over before it began. Messner, who was on vacation when the nomination deadline approached, says she hadn't realized she needed to be on-hand when her paperwork was turned in to take a candidate oath.

"We had to come back early on Friday to do that," she says.

The time she would have spent campaigning will now be spent out in the community learning about the issues and preparing for the job. That included attending state Sen. Mike McGuire's recent town hall meeting.

"I am open-minded and a listener. I weigh all sides before making a decision on any issue," says Messner, who has a master's degree in psychology and a background in counseling. "I am continuing to listen and gather information on the various issues our community currently faces."

Continued on next page »



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On the Cover

Continued from previous page



Incoming Eureka Councilmember Heidi Messner talks with church goers during a break between services. *Photo by Mark McKenna*

Included on her list: affordable housing, health care, funding for roads, regulations, safety and crime reduction.

Intertwined in the city's homeless problem, she says, are a number of underlying issues, whether it's mental illness, drug use, domestic violence or a combination. It's a nexus she saw first-hand during her years as a counselor at a Seattle in-patient clinic that treated addictions and eating disorders.

If the answer was easy, she notes, someone would have found it by now.

"Hopelessness is what leads to homeless," Messner says. "I don't know what the city can do about that. ... It's going to need to be more than just the city."

Housing is key, she says. Once a person has the security of a place to call home, other issues can begin to be addressed. But in staggered housing units, Messner says, not one big facility, which would just transfer those underlying problems from the streets.

Once a person is housed, the paradigm of hopelessness can begin to change and "the hope begins to grow."

"We all, at some point in our lives, have felt that and we need to remember that," she says.

Along with her husband, Bass also encouraged Messner to run for council.

Describing Messner as "effervescent," Bass says the Messners break many of the stereotypes that people may have about pastors. Matt, she points out, goes surfing in the morning. Both bring an incredible amount of energy to everything they do, pointing to the fact that they have a Jack Russell terrier — named Jack — a breed known for its liveliness.

> "She has a very reflective nature."
>
> — *Virginia Bass*

"She has a very reflective nature," Bass says. "I think she's going in with a very open mind and she also wants to help, but she's also realistic."

After watching Messner delve into complex issues, like combating human trafficking and addressing homelessness, Bass said she's confident in Messner's ability to walk the fine line needed when it comes to making difficult decisions that are inevitable going to upset one side or the other.

"You have to stick to your convictions and what you believe and what the right path is, but also let people know you hear what they are saying. ... It's a balance but her background should be able to help her have those conversations with people."

"I think she has the skills and ability to let people know they're being heard."

Messner, Bass says, simply brings a lot of good qualities to the table, including outreach and leadership skills intermingled



with an easygoing nature, strong sense of community and a genuine aspiration to help people.

"I think her dynamic with the board and the mayor should be a very good dynamic," Bass said.

Before this year, Messner says, her plate was simply too full. But recent changes at the church, including the addition of new staff, opened the door.

Matt oversees more of the day-to-day operations at the Faith Center while Messner spent the last several years in leadership roles on regional and national boards of the Foursquare Church, dealing with everything from pastor changes to building issues and ensuring that church paperwork was turned in to the denomination.

With her terms are coming to an end, Messner, says the timing is right to bring her skills — built on life experience and her drive to help others — to a seat on the council.

Her unusual childhood came with many lessons, including what it feels like to be singled out as different. That helped cement an early sense of advocacy: to be a voice for the vulnerable and the things she believed in.

When fellow students made fun of disabled children who rode the same school bus as they did, Messner says she and her

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Continued from previous page



Heidi and Matt Messner are co-pastors at the Faith Center. *Photo by Mark McKenna*

brothers stood up to them. During the mid-1980s, when reaction to the AIDS epidemic was immersed in fear, Messner says she was heartbroken for the patients who had not only been isolated in separate wards but, in many cases, rejected by their families as they were dying.

"I would go in and sit, talk with them and pray with them," she says.

More recently, Messner has turned her attention to the issue of human trafficking, which she was first exposed to during her counseling work in Seattle.

"It was eye opening," she says.

Her church has been collaborating with a group called Think Small, which works to combat human trafficking — especially involving children — and Messner traveled to Thailand last summer to see their efforts first-hand.

"When we went, we saw that there was so much that translated to Humboldt County," she says.

With an entrenched illicit drug trade already in place and a major highway running through its center, our region is a prime target for an industry that targets the vulnerable, Messner says.

The church has set up a local prevention program called E.P.I. — Empower. Protect. Invest. — which is working on a local school curriculum aimed at educating children and young adults about the warning signs and dangers of human trafficking.

Over the years, the Faith Center has held workshops and hosted panel discussions, including one with a local trafficking victim.

Humboldt County Undersheriff William Honsal says his office is very much aware that what many consider a big city problem is happening here.

"She came in to discuss the problem and I completely agreed with her and gave her my point of view," Honsal says.

> "They're honest, real people."
>
> — *Susan Jones*

Honsal says he knows the secrecy of the underground marijuana industry plays a role as does the isolation of certain corners of the county. Women who go to work as trimmers at remote farms behind multiple locked gates — often outside of cellphone service — face a number of potential dangers.

Honsal says he agrees with Messner that education and outreach are key.

"We've got to start somewhere," he says.

A major turning point in Messner's life came just as she was about to graduate from high school: Her parents went through what she called a "messy break-up" and most of the family immediately moved away from the Eugene area she'd called home since returning to the United States as a child.

Her world changed seemingly overnight. She says her father had described her as a free spirit, but the weight of responsibility during that time changed her perspective dramatically.

"I stayed in Eugene another year to pack up the house, sell the home we were living in, and try to save money for college since my main college scholarship had been contingent on my father's employment," Messner says.

Where she had once considered studying drama, Messner honed her focus back on the faith that had been a constant throughout her life.

She landed at Life Pacific College in the Los Angeles area, a four-year university affiliated with the Foursquare Church that offers a Christian-focused education. On her first day, a nice young man who helped her move into the dorms.

By the end of her junior year, she and Matt were married.

"It didn't take long. I realized what an amazing person he was and what a great leader, even then," Messner says. "I just eventually realized we were a good match. We were friends first, really good friends. It's a good way to do it. It worked out really well."

She describes her husband, a long distance runner who won the Portland Marathon in 1999 and competed in the 1996 and 2000 Olympic trials, as "the most disciplined person I ever met in my life."

They have two grown children, Alicia and Levi, who live in the Seattle area.

Over the years, the Messners have served in various capacities at churches up and down the West Coast. Six years ago, they arrived at the Faith Center in Eureka.

"It just felt like the right thing," she says.

The sunlit lobby of the Faith Center was bustling on a recent Sunday as people gathered in small groups, talking and laughing.

Messner smiles easily as she stands amid the crowd in an interval between the two morning services, clasping hands with members as they spoke and offering hugs to a young girl who stopped by to visit.

Painted along the main wall of the room leading to the church sanctuary is the simple Bible verse of Hebrews 13.8: "Jesus the same yesterday, today and forever."

There is an air of casual acceptance at the Sunday service. Couples sit with their arms around each other. Folks carrying to-go cups of coffee continue to drift in after the start time. Some in attendance wear dresses and suits. Others, T-shirts and tennis shoes.

The Messners, several church members say, are at the heart of that welcoming atmosphere.

"They're honest, real people," says Recovery Pastor Susan Jones, who has been attending the church tucked away on a quiet street since 1975. "It means a lot."

Several hundred worshipers assemble in the church's softly lit sanctuary, which resembles a mini-television show set with track lighting across the ceiling and cameras in each back corner.

A lighted cross glows bright yellow overhead as a seven-member band plays toe-tapping ballads carrying messages of hope while the lyrics are projected onto large screens set on each side of the stage.

Matt delivers the day's message wearing an untucked cobalt blue dress shirt and jeans. He speaks about the need for everyone to step back from their busy lives at least once a week to observe the Sabbath, take care of themselves, reconnect with their families and replenish their relationship with God.

"He is the God who invented the weekend," he says smiling.

The sermon is more like a conversation with a close friend who happens to weave Bible verses and personal ancedotes into his advice rather than preaching from the pulpit.

After the service, Hannah Rogers, 26, says the Messners "have their hearts focused on people."

"Wherever there is a need, she likes to fulfill it," Rogers says.

Jones wondered at first how Messner would find the time to fit the duties of being a councilmember into an already bursting schedule but says she realized she'll simply bring the same energy she does to the church and her other outreach work.

"It's never a partial commitment," Jones says. "I think she'll bring an awesome balance. ... I think she'll be a great asset."

●



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Salt of the Sea

Making your own sea salt

By Kevin Smith
tabletalk@northcoastjournal.com

I was first inspired to try making sea salt after watching the 1982 film *Gandhi*'s depiction of the 1930 Salt March, in which scores of people on a 24-day, 240-mile walk across India to the coast of Dandi to make salt as a protest against Britain's salt taxes and ban on salt production. The peaceful protesters from all walks of life simply filled shallow vessels with seawater and relied on direct sunlight to evaporate and refine hundreds of kilos of their own fresh, 100 percent sustainable sea salt.

The north coast of California has frequent fog, rain and significantly less sunshine than equatorial India. As a result, when making sea salt locally, I employ a cook pot and stovetop to expedite the process. By reducing the volume of seawa-



Herbed sea salt is a beautiful thing. *Photo by Kevin Smith*

ter over a gas or electric burner (or a bed of coals if you are camped out), you can quickly get it down to a thick saline solution and significantly cut the time needed to produce crystalline salt.

The first step is simple: Check the weather. If you can get it, a five-day forecast free of rain is ideal for evaporation. If this is impossible, you can complete evaporation indoors or in the oven on low heat.

Find a good spot to fill up on fresh seawater. I usually do about a one-gallon batch at a time, which yields around a cup of salt. Keep in mind that this is not a cost saving enterprise, as salt is quite inexpensive here, but it is a good excuse to get out in the fresh sea air to have some fun. And the bounty is incredibly tasty. Select ocean locations based on water quality — avoid areas where creeks, storm drains or road culverts may empty into the sea. Also avoid harbors. Frequent boat traffic in those waters can lead to oil slicks that are only purged during violent storms, and you don't need petroleum in your table salt. Finally, natural pollutants such as sea mammal and bird feces must be avoided (so keep clear of rookeries) or your salt will be the talk of the party for all the wrong reasons. It is also best to get your water in rocky areas rather than beach environments to avoid sand in your salt. If you go at a low tide, it will be easy to find a pool with clear water and have your bottle filled and ready for processing in less than a minute.

Bring your fresh seawater home, pour it in a pot and set it on the stove to boil over high heat. Reduce the heat and keep the water boiling until a thick and cloudy slurry about 1 inch deep is all that is left at the bottom. Now carefully transfer the liquid to broad open baking dish and cover with cheesecloth or a wire screen to keep out bugs and debris and take it outside to sit in direct sun. On a hot day, most of the water will evaporate within eight hours.

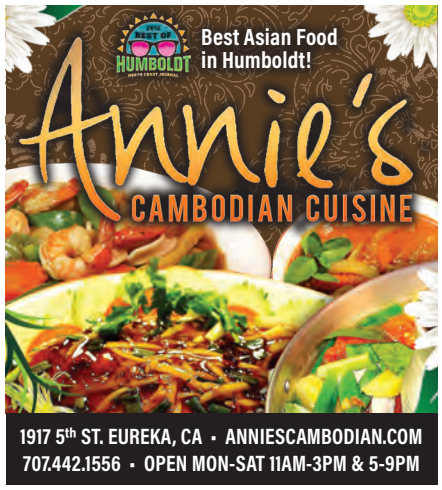
After two or three days, there will be a bed of big, beautiful salt crystals on the bottom of the dish with a tiny amount of oily liquid which you can pour off. Scrape up the crystals and spread them thin on a dry baking dish and place it under a hot broiler for a few minutes. Watch the salt closely so it does not burn. You are just trying to evaporate the remaining moisture from the salt. Remove the dried-out salt and let it cool.

Use the coarse salt on homemade pretzels or grind it finely with a mortar and pestle for finishing salt. If you like, you can infuse it with herbs and sprinkle it on all sorts of breads and dishes. I like oregano, garlic and rosemary in mine. These herb salts add incredible flavor to fish, poultry, wild game, potatoes and veggies.

●













If You Guild It, They Will Come

How to grow a food forest

By Heather Jo Flores
downanddirty@northcoastjournal.com



Echinacea, grapes and lacinato kale plus horseradish on bottom left. *Photo by Heather Jo Flores*

In a forest, the plants collaborate. They take turns blooming, share space, distribute different nutrients and succeed each other over generations. In our home gardens, we can create diverse, low-maintenance food forests by mimicking these patterns. In its most basic form, this is called companion planting, and gardeners have been doing it for millennia.

You probably know the classic "Three Sisters" example. Native Americans grew corn, beans and squash in a shared space because together they repelled pests and provided a successional yield. I have heard from some old-timers that there was actually a fourth Sister: lupine, a self-seeding, nitrogen-fixing biennial that was planted all around the corn patch to repair the soil.

Ironically, as much as I am a true believer in perennial polyculture gardening, I don't grow the Sisters. I like to hill my corn (like potatoes) and that disrupts the baby beans and squash. I also find that the corn patch needs more than just the beans (and/or lupine) to repair the soil. So I plant the corn, let it get a few inches high, then plant potatoes in between the stalks. Every week or so, I hill up the dirt around the corn and potatoes with a hoe. I do plant squash, but only on the ends of the rows, so that they can sprawl out away from the patch. Then, after harvesting corn and potatoes, I cover crop the whole thing with fava beans over the winter to repair and hold the soil for the next rotation.

In permaculture, we use food forests to grow as much as possible on a small piece of land. Using those principles, we design garden beds with a collection of complementary perennial trees, shrubs, herbs, ground covers, roots and annual vegetables called "guilds" that are placed in a microclimate landscape best suited for the group. The idea is to group plants together for specific reasons, encourage them to spread into permanent, self-managing landscapes, and thus reduce the amount of effort it takes to grow food.

You don't have to plant a whole food forest at once. You can carve out niches and build one guild at a time. As they grow, these plantings will attract birds, pollinators, microorganisms and fungi. Over time, as you add more and more guilds, your entire space will yield to nature, becoming your own handcrafted Eden.

How to Build a Guild

So exactly which plants do we group with which other plants? It takes a lifetime to learn all the differing functions, get familiar with the size of plants at maturity, with their growing patterns and individual needs. There are some great books on the topic, and any search for "companion planting," "food forests" or "perennial polycultures" will keep you busy reading and designing all winter.

For now, I offer you a handful of my personal favorites from years of experiments with hundreds of plant combinations that yielded mixed results. These are the guilds that I continue to plant in every food forest I design.

Blueberries, strawberries, valerian, yarrow, spinach/lettuce/orach

Blueberries are slow-growing, water-thirsty and thrive in an acidic mulch like sawdust. Strawberries also enjoy the acidic mulch, and can get well established as a ground cover before the mature blueberries shade them out. Valerian and yarrow are clumping, blooming medicinal perennials that attract beneficial insects and help build soil for the berries. Together they look great and share space without much intervention. Sow the spinach between the spaces and alternate with patches of lettuce and orach.

Apples, horseradish, clary sage, kale

Apples cast deep shade and only a handful of plants will thrive under them. Horseradish repels diseases common to apples, and the two are a classic pair. Because I often use it in my apothecary, and because it doesn't mind a bit of shade, I add clary sage. The fuzzy, aromatic biennial, which grows up to 6 feet tall, glimmers throughout year two with huge plumes of purple flowers. Interplant a few different kinds of kale and you will have a rainbow of foliage.

Figs, seaberry, canna, comfrey, squash

If you have space, this guild is epic in every way: year-round harvest, giant flowers, mulch crops and vegetables. Visually, it's Jurassic. Figs can get quite large at maturity and tend to sprawl. Between those sprawling shoots you can plant comfrey, which will fill the space with fuzzy foliage and tubular flowers that pollinators love. Seaberry fixes nitrogen and also produces a tart, seedy fruit that can be dried or added fresh to a wide array of dishes. The canna has edible roots (similar to tapioca) and needs a bit more sun, so plant it on the southern edge. Poke in your squashes around the border to give the tendrils room to run.

Peaches, rosemary, marigolds, arugula, zinnias, cucumber

Peaches don't cast a ton of shade. They tend to be sparse with skinny leaves. This means that companions that wouldn't do well under other fruit trees will do just fine under a peach. I like the way rosemary looks, especially when joined with annual plantings of marigolds, arugula, zinnias, and other tall, showy annual flowers. Cucumbers do enjoy full sun, but smaller varieties can thrive in mottled shade, and I have grown some beauties as a ground cover in this guild.

Pears, echinacea, beets, poppies

There is something about a pear tree in bloom that always reminds me of the iconic Virgin of Guadalupe image that I grew up with. To me, the way a pear tree holds its blooms looks like an angel. As a sort of tribute to that beauty, I plant echinacea with pears. Echinacea is a clumping perennial with fancy daisy-like coneflowers in purple, green, white and pink. It's medicinal and beneficial to gardens, with a network of thick roots that help to break up the soil and increase nutrient distribution. Beets fit perfectly in the spaces between, and the foliage is visually splendid in this combination. If you want to make it really beautiful, add some poppies, but keep in mind that poppies are heavy feeders, so you'll need to compensate the soil.

Generally speaking, as a nitrogen fixer, I habitually sprinkle white subterranean clover seed, both as a cover crop and as a living mulch in beds and paths. It makes an awesome cover, attracts pollinators, and can be easily removed when you decide to plant something new. For best results, mix organic clover seed — coated in bacterial inoculant — with fluffy, finished compost and keep it in a bucket for easy access. If there's a spot with bare soil, sprinkle the seeded compost around and make sure it gets evenly watered until the clover is established.

Finally, please remember that just because plants in a guild support each other, that doesn't mean they don't need your support. You need to weed, prune, mulch and clear. You need to harvest the food, save the seeds and participate in the cycles and seasons. A food forest is an ecosystem, and the gardener should be a part of that. In fact, for the first three years, your newly planted guilds might need some extra attention. Think of the baby plants like little puppies — you have to train them, nurture them, and raise them, but if you do a good job, they will be your best friends for many years to come! ●

Continued on next page »





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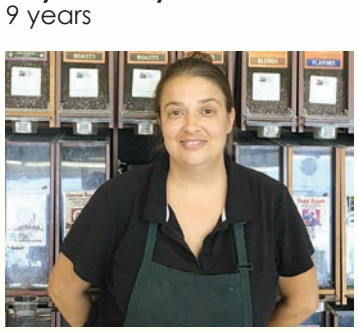
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19 years



Tonnie Hanger
6 years



Conrad Coelho
8 years



Shaffer Smith
4 years



Kodi Shinn
6 years



Chanti Jackson
10 years



Jason Zimmerman
24 years



Bonnie Cox-Hunsinger
10 years

If It Ain't Broke

By Andy Powell
thesetlist@northcoastjournal.com



The Soul Rebels featuring Talib Kweli play the Van Duzer Theatre at 9 p.m. on Thursday, Sept 22. *Courtesy of the artists*

While I spend a few hours on Sundays putting together these very insightful, informative and professionally written columns, I take some time to listen to some of the artists who are playing during the upcoming week and familiarize myself with the ones I'm not, well, familiar with. In chatting with a former music writer for this paper, Bob Doran, during the North Country Fair, he mentioned having a difficult time writing his column *The Hum* recently when the Internet went down. We laughed about how reliant we've all become on technology and how, for a lot of us, being productive is tied up with a stable Wi-Fi connection.

Sunday rolls around and as I work on this column, my Internet goes out. The will to live immediately leaves our children and as I screw around with our router, I realize I'm not able to preview music from many of the artists listed below. I wait it out a bit — wondering if Bob somehow jinxed me — and fill in some information while I assume the benevolent gods of broadband — and of my shitty router — will rectify the situation.

I recently replaced my old, dead record player. Without getting into the slow decline of my player (circa 1976), I've slowly been dusting off my old LPs, amazed at how many are still in great shape. Pink Floyd's *Ummagumma*? Sounds great. *Willie and Family Live*? It's still got it. E.L.O's *Into the Blue*? Not sure where sides 3 and 4 disappeared to but it's holding up. My son came into my office and saw this strange black 12-inch disc spinning clockwise on my desk. After explaining that this was, in fact, a new record player — it starts with the push of a button! — and not the old one fixed up, he asked how it worked. I can't pretend I did a good job of explaining but he found the whole concept pretty interesting (similar to a child in a natural history museum). He then asked something like, "Is this how you used to listen to music before YouTube?" I couldn't help but laugh (and cry on the inside) and simply answer, "Yes."

The Internet sputtered back on. Then off again. This went on for a few minutes. I initially got excited, then frustrated as it shut off again. Eventually I stopped caring. All the while, the perfect black circle just kept spinning at 33 1/3 rpm. Never slowing and never stopping.

Thursday

Bass playing, Motorhead lovin' Dan Davis of **Wild Otis** tells me that not only will the WO be playing at Mad River Brewery this evening around 6 p.m., but that the band is celebrating the birthday of guitarist Norman Bradford at the gig. So if you needed a reason to head to Blue Lake and party, here's your opportunity. It's a free show, so feel free to buy Norm a beer or bring presents. In Arcata at The Jam, you'll find an "electro-soul dance party" gettin' you groovin' around 9 p.m. courtesy of **Wurlybird** and **Blacksage Runners**. This party is only $5 but get ready for a blast. **The Soul Rebels** have been skipping around continents this year — so far only missing Africa, South America and Antarctica — playing with artists such as Nas, Macklemore & Ryan Lewis, Marilyn Manson, Joey Bada$$, Big Freedia and Lettuce, I'm told. Well, they're bringing their funky soul to the Van Duzer around 9 p.m. with heavy-hitter **Talib Kweli** for only $35. Grab a ticket before they run out.

Friday

While trying to wrap my head around what an "underground music scene" truly is — a state of being where unfamous bands gig? — I hear that **Balkan Beat Box** exploded out of said scene in 2005 with its self-titled debut. With electronic beats and bass married to "Mediterranean-inflected" and Eastern European melodies, this show is geared to please us Westerners who want to dance and groove, but feel like we're hearing/learning something from another culture. $25 will get you into this show where doors open around 9 p.m. In the Eel River Valley you can find **The Undercovers** at Bear River Casino around the same time for free where they'll bring you your favorite hit songs spanning multiple decades. Farther north, you'll be able to hear the sounds of **Jimi Jeff and the Gypsy Band** at Cher-Ae-Heights Casino, also at 9 p.m. and also for free.

Saturday

For those of you looking for some bluegrass — and beyond — the **Humboldt Hills Hoedown** at the Mateel in Redway is the place to be. Folks there are celebrating their 12th year of putting this on and have some great local (and regional) talent hitting the stages. You'll be able to catch the likes of **April Moore & Ranch Party**, **Midnight North**, **The Real Sarahs**, **The Shook Twins**, **Cliff Dallas & The Death Valley Troubadours**, **Hillstomp**, and **Curly Wolf** just to name a few on the indoor and outdoor stages. Doors open at noon, with music starting around 12:30 p.m. $25 will get you into this all day event with vendors, a kid corral, barbecue and a bar for those of you over 21. The Old Steeple in Ferndale is opening its season up tonight with Mendocino Folk Duo **Gwyneth Moreland** and **David Hayes** at 7:30 p.m. Great songwriting paired with Van Morrison's former bass player means you'll be in for a treat, and all for only $20 in the Cream City. Bob Doran tipped me off to a hardcore punk show with punkers from Finland who've been going strong since 1982. **Riistetyt** are visiting us so give 'em a nice Humboldt welcome and throw down $7 to help get the band back home. The Finns are joined at the Little Red Lion in Eureka by **Komatose, Cross Contamination** around 8 p.m. If you're at the top of the hill in McKinleyville, you'll be able to hear music from locals **The Movers and the Shakers** around 9 p.m. for free. Feel free to leave 'em a tip. You late night rockers will find some melodic doom from Portland via **Young Hunter** down at The Alibi tonight at 11 p.m. The band is joined by local "igneous rock" band **Ultamafic** and $5 will get you in the Alibi doors.

Wednesday

It may be the middle of the week but that doesn't mean you can't get your sweat on tonight at the Arcata Theatre Lounge. World Famous and Lucid Dream Lab are presenting the Weird and Wonderful Tour with sets by **Liquid Stranger**, **Bleep Bloop**, **Perkulat0r** and **Shlump** (shlump day, anyone?). Music will be around 9:30 p.m. and drop a Jackson — soon to be a Tubman — to get in the doors. ●

Full show listings in the Journal*'s Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.*

Andy Powell is a congenital music lover and hosts The Night Show on KWPT 100.3 FM weeknights at 6 p.m. He likes to spin right round baby. Right round. Like a record baby.

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Opposites Detract

The Odd Couple mixes it up at North Coast Rep

By David Jervis
frontrow@northcoastjournal.com



Gloria Montgomery and Amanda Slinkard as mismatched roomies.
Courtesy of North Coast Repertory Theatre

Ahh, opposites. Not all of them exist in complete diametric opposition to one another, as many adhere closer to "one of these is not like the other" observation. Yin and yang, apples and oranges, Nirvana and Nickelback — human history has seen a very long litany of them at work.

And well before the era of mismatched cops became a well-worn cinematic trope, an archetypal duo become a sort of template for the comic foibles of the mismatched, Neil Simon's *The Odd Couple*, which took its Broadway bow back in 1965. And it is a template in an even realer sense, as in the mid-1980s Simon himself reworked the original into a version with the whole cast reversed by gender, transforming leads Oscar Madison and Felix Unger into Olive Madison and Florence Ungar, and it is this version that kicks off NCRT's 2016-2017 season.

And the original's first act, a pretty dense and masterfully long comic piece, switches deftly in Simon's reboot from a Friday night poker game with the guys to a Friday night Trivial Pursuit rumble with the ladies. Olive (Amanda Slinkard) is a successful TV producer with a great gaggle of friends, but also a messy apartment that plays host for the Friday shindigs and, additionally, a no-goodnik ex-husband who is fond of guilt-tripping Olive over the phone into sending him money. Her friends are much more bothered by the latter life aspect than the former, although they're less than crazy about the turning-odd-colors sandwiches to be found in Olive's refrigerator.

Missing from the evening's festivities is Florence (Gloria Montgomery), who eventually shows up after some phone calls have established that she's left her husband due to some ongoing and irreconcilable differences. After the Friday night game dissipates and heads off, Olive insists that the quite despairing Florence move in with her at once, given that she has the space.

And here the element of opposites sets in: Florence is fastidious and hyper-organized down to the smallest of details, be they in life at large or household matters ("I think even she kept all her clothes on when her children were born," one game night friend observes). She also has a propensity to overdramatize back pains or minor health problems to a great degree of escalation and cleans the apartment at a furious and almost never-ending pace, something Olive, happy to come home from work and toss her shoes on the recliner, is less than content with.

The original *The Odd Couple* is really a bit of a chestnut, and it was a big commercial success for Simon that served as a stepping stone for the deservedly award-winning career that followed. A staging of the all-female version sidesteps that problem pretty well, while at the same time showing the endurance of some of the original material. In *The Odd Couple*'s first time out, the only women who weren't voices over the phone were a pair of neighbors, two English sisters from upstairs in the building, who existed basically as potential love interests for a second-act sequence.

In this version, they instead are Spanish-American brothers Manolo and Jesus (respectively, the superb Daniel Kennedy and Matthew Cole) and they serve as great comic relief amid a cast of quite well-drawn female characters. The awkward, but comically rich, double kinda-date between those two and Olive and Florence also serves as a good jolt for a play that moves in fits and starts and occasionally lags in the back half. Having a few dated references from the play's 1960s/1980s genesis doesn't help much — not a lot of people are going to recall the line from an E.F. Hutton brokerage TV campaign that someone utters as a punchline — but while things like that serve as hindrances, the very good work of Slinkard and Montgomery in the dynamic of an arrangement that is really doomed to fail goes a long way.

Among the supporting cast, Toodie Boll, last seen in NCRT's *Moon Over Buffalo*, keeps on a great streak of getting the best out of comic roles in an inventive way that really goes to truly fine and funny places, and Dell'Arte stalwart Tisha Sloan does a bang-up, great and funny job as the most blunt and outspoken of the game night gang at Olivia's apartment. The Trivial Pursuit game with six friends makes a great running chatty, funny bit of business at the start, middle and end of *The Odd Couple*. And it's hard to really embrace any empirical explanation for why opposites attract — because in real life, as in Simon's play, they really basically don't — but it's a nice idea to think they can coexist. Just not too closely.

The Odd Couple plays at the North Coast Repertory Theatre in Eureka on Friday and Saturdays at 8 p.m. through Oct. 8, with Sunday matinees at 2 p.m. on Sept. 25 and Oct. 2 and a Thursday show on Oct. 6 at 8 p.m. For more information, call 442-NCRT or visit www.ncrt.net.

Continuing

After Darwin continues to evolve at Redwood Curtain Theatre, its strong cast moving smoothly between doubled parts in a play-within-a-play that leaves several issues frustratingly underexplored. Performances are Thursday, Friday and Saturday nights at 8 p.m. through Oct. 1, with a Sunday matinee at 2 p.m. on Sept. 25.

Upcoming

Do the Time Warp again when Ferndale Repertory Theatre resurrects the comedic rock musical ***The Rocky Horror Show*** starting Sept. 30. Bring your own fishnets for audience participation Fridays, Saturdays and Sundays through Oct. 30. Ages 16 and up. Call 786-5483 or visit www.ferndalerep.org.

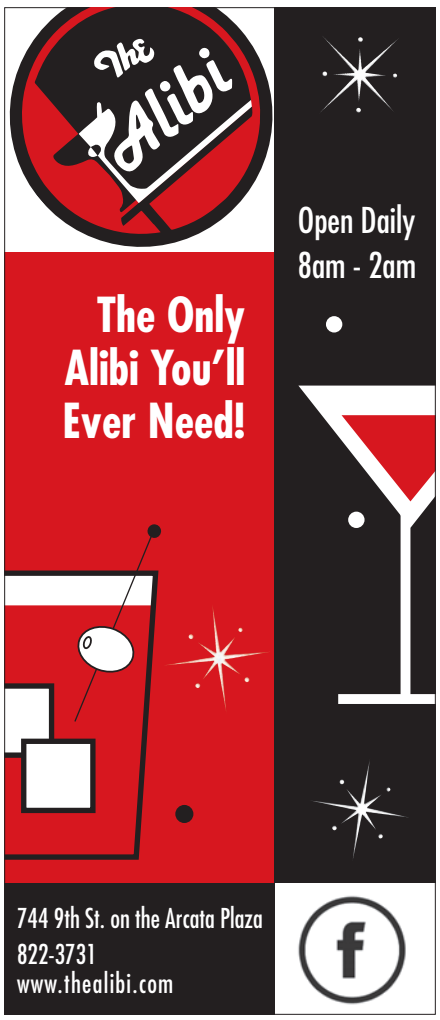
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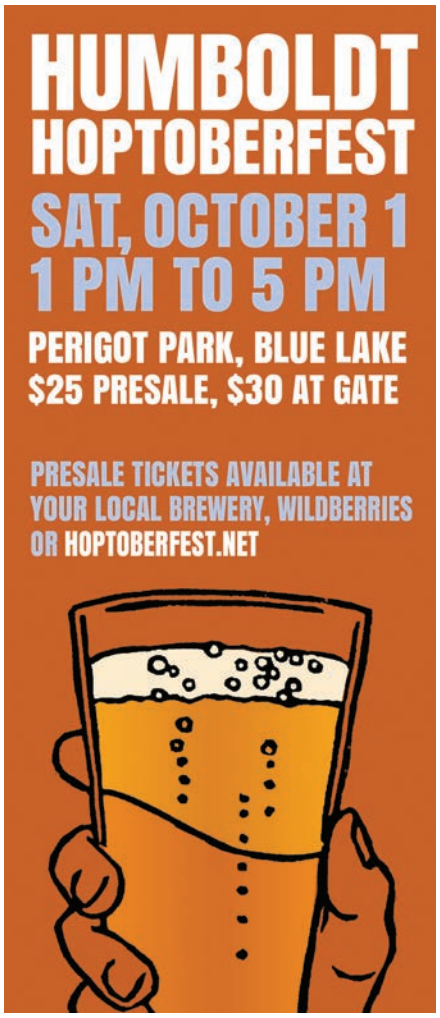


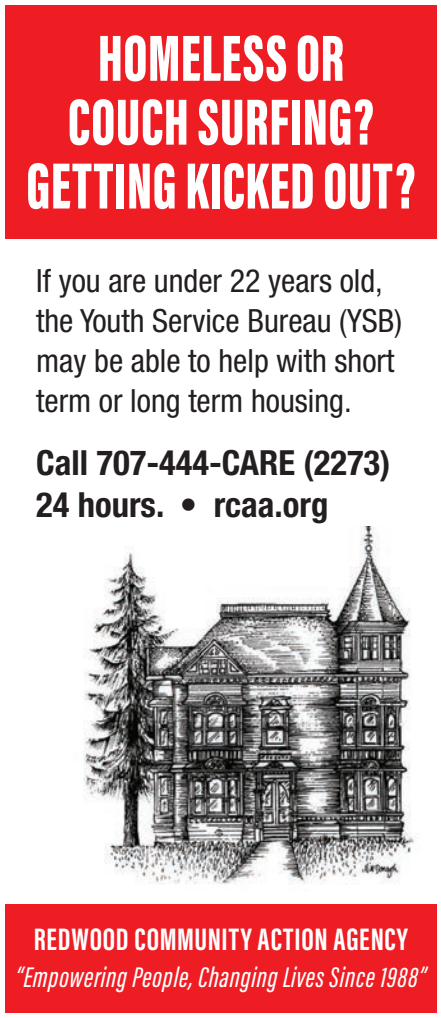
Live Entertainment Grid

Music & More

ARCATA & NORTH

VENUE	THUR 9/22	FRI 9/23	SAT 9/24	SUN 9/25	M-T-W 9/26-28
ALIBI 744 Ninth St., Arcata 822-3731			Young Hunter (doom) 11pm $5		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220		Balkan Beat Box (electronica) 9pm $25 advance		Can't Stop the Serenity 2016 5pm-9pm $6	[M] Monday Night Football 5:20pm Free w/$5 food/bev [W] Liquid Stranger, et al. 9:30pm $25-$15
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free	Sap Laughter and Guests, Apollo Era, AJ Morrison 9pm TBA	Spilling Bee (adult spelling bee) 6pm TBA	Jazz Jam 6pm Free	[M] Trivia Night 7:30pm Free [W] Local Music Showcase 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	Dr. Squid (dance, pop) 9pm Free	Miracle Show (Grateful Dead tribute) 9pm Free	Karaoke w/KJ Leonard 8pm Free	[T] Something Blue Wedding Show noon-3pm [W] DJ D-Funk Free 9pm
CENTRAL STATION 839-2013 1631 Central Ave., McKinleyville	Open Mic w/Live Music 8pm Free	Karaoke w/Rock Star 9pm Free	The Undercovers (covers) 9pm Free		
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		Jimi Jeff & the Gypsy Band (rock, blues) 9pm Free	Sammy Kershaw (country) 8pm $49, $39 Firewater: Pressure Anya (DJ music) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH TAVERN 839-0545 4611 Central Ave., McKinleyville	Legends of the Mind (blues, jazz) 6pm Free	Kindred Spirits (bluegrass) 10pm Free			[M] Savage Henry Stand up Open Mic 9pm Free [W] Pool Tournament & Game Night 7pm Free
CRUSH 825-0390 1101 H St., Arcata	Trivia Night 8pm Free				
FIELDBROOK MARKET & EATERY 4636 Fieldbrook Road, 839-0521		The Spin Drifters 7:30pm Free			
GRIFFIN 937 10th St., Arcata 825-1755					[W] Salsa 8:30pm TBA
HUMBOLDT BREWS 856 10th St., Arcata 826-2739		ELEVATE featuring SAQI (DJ music) 9pm $15	Soul Night # 59 (DJ music) 9pm $5		[T] The Funky Knuckles TBA
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 826-3011	Van Duzer: The Soul Rebels ft. Talib Kweli (funk, soul) 9pm $35, $15 HSU			Van Duzer: Riders In The Sky (cowboy music) 7pm $36, $26, $10 HSU	
THE JAM 915 H St., Arcata 822-4766	Wurlybird and Blacksage Runners 9pm $5			Deep Groove Society presents SUNDAZE (EDM) 9pm $5	[T] Savage Henry Comedy 8pm $5 [W] Jazz at the Jam 6:30pm Free The Whomp (DJs) 10pm $5





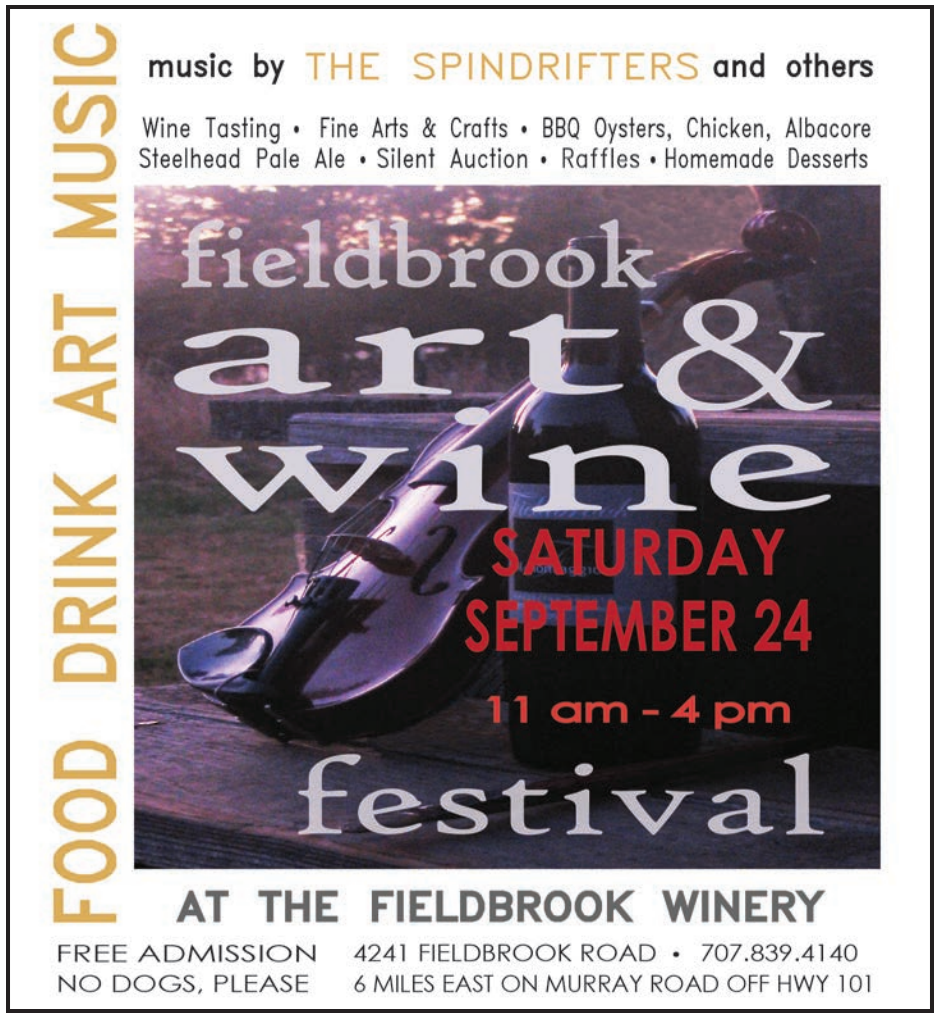




Arcata • Blue Lake •McKinleyville • Trinidad • Willow Creek *Eureka and South on next page*

VENUE	THUR 9/22	FRI 9/23	SAT 9/24	SUN 9/25	M-T-W 9/26-28
LARRUPIN 677-0230 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free			[W] Aber Miller (jazz) 6pm Free
LIBATION 761 Eighth St., Arcata 825-7596	Claire Bent 7pm Free	Brian Post 7pm Free	Blue Lotus Jazz 7pm Free		[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 355 Main St., Trinidad 677-0077				JD Jeffries and Devin Paine 5pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	Kaptain Kirk's Cosmic Concoction 9pm Free	Big Brothers/Big Sisters Fundraiser w/Honky Tonk Nightmare 9pm TBA	The Beautiful Losers 9pm Free	Potluck (food) 6pm Free	[W] Turtle Races 8pm Free
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-5680	Wild Otis (rock) 6pm Free	Jenni & David and the Sweet Soul Band (blues) 6pm Free	Redwood Ramblers (country) 6pm Free	Show & Shine (cars) Noon Free	[T] Blue Lotus Jazz 6pm Free [W] Randles, Labolle, Amirkhanian 6pm Free
THE MINIPLEX 401 I St., Arcata 630-5000	Belladonna of Sadness (film) 6pm	Lo & Behold (film) 7pm Belladonna of Sadness (film) 9pm	Don't Think Twice (film) 4pm Ixcanul (film) 6pm Belladonna of Sadness (film) 9pm	Lo & Behold (film) 4pm Ixcanul (film) 6pm G.O.A.T. Karaoke 9pm Free	[M] Live Presidential Debate TBA [T] Sonido Panchanguero (DJ music) 9:30pm Free
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic 7pm Free	YAMS ft. Beats and Kale, Jeremy Bursich, Mother Munchie 8pm $5 All ages		[M] Movie Mondays 6pm Free [T] Human Expression Open Mic 7pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelion 8pm $5
REDWOOD CURTAIN BREW 550 S G St. #6, Arcata 826-7222	Hot October (rockabilly) 8pm Free		Pints for Non-Profit - Bigfoot Trail Alliance Noon		[M] Open Bluegrass Jam 8pm free
SANCTUARY 1301 J St., Arcata 822-0898			Similar Fashion, et al. (jazz) 8pm $5		
SIDELINES 732 Ninth St., Arcata 822-0919	DJ Ray 10pm TBA	DJ Ray 10pm TBA	DJ Tim Stubbs 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville	The Opera Alley Cats (jazz) 9pm Free	Motel Drive (rockabilly) 9pm Free	The Movers and The Shakers (rock) 9pm Free	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Masta Shredda 10pm Free	DJ Ray 10pm Free		[T] Bomba Sonida w/DJ Pressure 10pm Free [W] Reggae w/Iron Fyah 10pm Free







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Live Entertainment Grid

Music & More

EUREKA & SOUTH

Arcata and North on previous page

Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 9/22	FRI 9/23	SAT 9/24	SUN 9/25	M-T-W 9/26-28
BANANA HUT 621 Fifth St., Eureka 443-3447		Latino Night with DJ Pachanguero 10pm Free			
BAR-FLY PUB 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO HOTEL 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Casey 8pm Free	The Undercovers (rock, pop)9pm Free	NightHawk (rock, dance) 9pm Free		
BENBOW INN 445 Lake Benbow Drive 923-2124	Paco Martin and Friends (Latin music) 6pm Free	Paco Martin and Friends (Latin music) 6pm Free			[T, W] Paco Martin and Friends (Latin music) 6pm Free
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		Live Music 6pm Free	Live Music 6pm Free		
CURLEY'S FULL CIRCLE 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
EUREKA INN PALM LOUNGE 518 Seventh St., 497-6093	Brian Post & Friends (jazz) 8pm Free	Ultra Secret (funky jazz) 9pm Free			[M] Maui Monday (Hawaiian music) 7pm Free [T] Anna Banana (comedy, blues) 8pm Free [W] Comedy Open Mikey 9pm Free
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Tony Roach (standards) 6pm Free			
GARBERVILLE THEATER 766 Redwood St. 923-3580				Open Mic 7pm $5	[T] Open Mic 7pm $5
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Riistetyt (Finnish punk) w/Komatose and Cross Contamination 8pm $7		
MATEEL COMMUNITY CENTER 59 Rusk Lane 923-3368			Humboldt Hills Hoedown Noon $25		
THE OLD STEEPLE 786-7030 246 Berding St., Ferndale			Gwyneth Moreland and David Hayes (folk) 7:30pm $20		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Open Mic w/Mike Anderson 6:30pm Free	Buddy Reed & Raia Ryan (blues) 7pm Free		Hillbilly Gospel Jam 2pm Free	



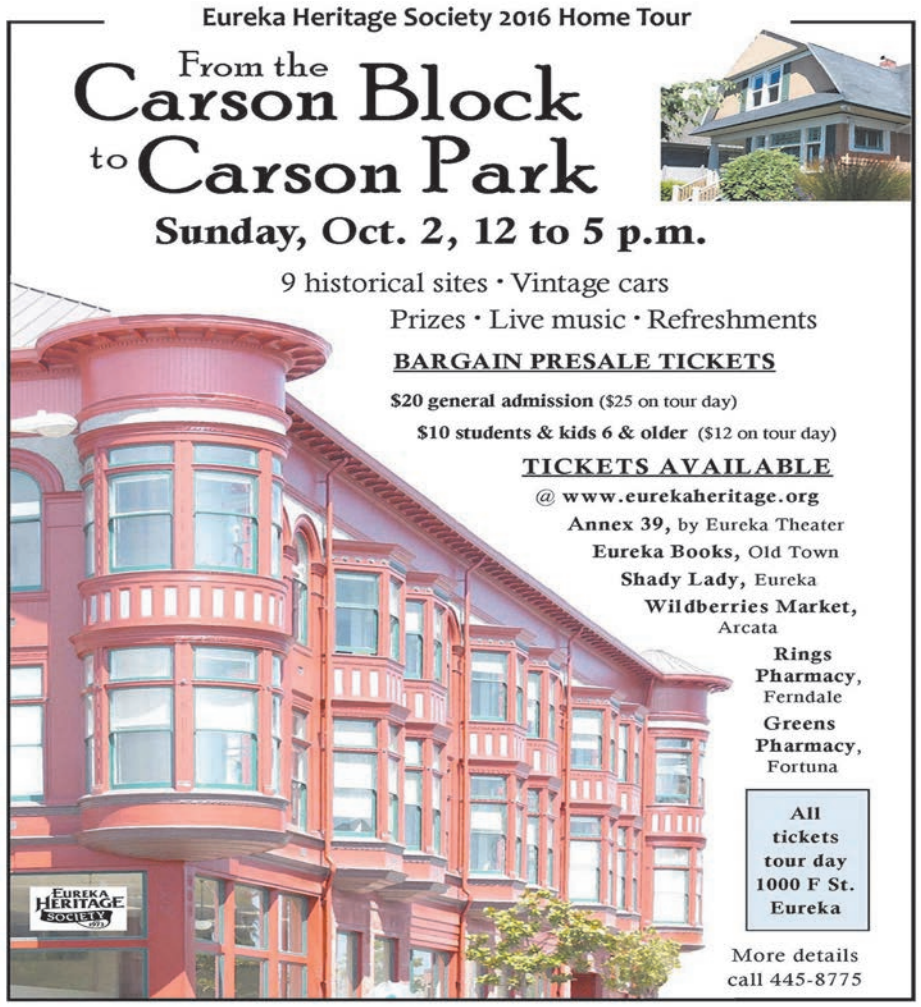


Shook Twins play the Humboldt Hills Hoedown at the Mateel Community Center on Saturday, Sept. 24.

VENUE	THUR 9/22	FRI 9/23	SAT 9/24	SUN 9/25	M-T-W 9/26-28
PEARL LOUNGE 507 Second St., Eureka 444-2017	DJ Pressure (DJ music) 9pm Free	D'Vinity(DJ) 10pm Free	Selecta Arms (DJ) 10pm Free		
PERSIMMONS GALLERY 1109 Main St., Fortuna 725-5438	Ruby Guilette (singer, piano) 7:30pm Free	Hot October (bluegrass) 7:30pm Free			
THE PLAYROOM 1407 Albee St., Eureka 442-4131		Stir Fry Willie (DJ) TBA			
SHAMUS T BONES 1911 Truesdale St.,Eureka 407-3550			Tony Roach (standards) 6pm Free		
SHOOTERS OFF BROADWAY 1407 Albee St., Eureka 442-4131				Sonido Panchanguero 9pm Free	
SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	Vinyl Tap (records) 8pm TBA		Space Biscuit and Peach Purple (synth) 9pm $5		[T] Signals (Latin death rock) 9pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues)9pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and Ultra Secret (jazz) 8pm Free
STONE JUNCTION BAR 744 Redway Dr., Garberville 923-2562	Upstate Thursdays (DJ music) 9pm TBA		Soul Hum (DJs) 10pm TBA		[M] Pool Tournament 8:30pm $10
TIP TOP CLUB 6269 Loma Ave., Eureka 444-2244				Night Moves at Club Expression (DJ music) 9pm Free	
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			









Calendar September 22 - September 29, 2016



Shutterstock

If that Hawaiian vacation didn't happen this year, don't be sad. Throw on a coconut-button shirt and sway into the **Sequoia Conference Center** on **Sunday, Sept. 25** at **5 p.m.** for the **Uku-hula-lua** ($25, donation for kids). Polynesian dance, lei-making, a ukulele concert and jam, and a luau will put you in an island mood and benefit the Ink People.



Courtesy of the artist

Inspired by the California coast? On **Thursday, Sept. 22 at 5:30 p.m.** in the **Humboldt State University Library**, hear printmaker Tom Killion talk about the coastal landscape prints from his show ***California's Wild Edge: Prints and Poetry.*** Stick around and listen to **Jerry Martien** and **Jim Dodge** read poems featured in the exhibit.



Submitted

As if you needed a reason to visit the **Humboldt Coastal Nature Center**, taste wines, indulge in cheese, barbecued oysters and desserts. ... On **Saturday, Sept. 24** at **3 p.m.** you can do all the above at **Wine by the Sea** and raise some money for Friends of the Dunes ($35, $30 members).



Submitted

Call Me Big Oompah

So summer is over and you're done with beer fests, right? That's a hard *nein*. Because on **Saturday, Sept. 24** from **11 a.m.to 3 p.m.**, the green expanse of **Rohner Park** may as well be the Black Forest for all the Teutonic partying that'll be going on during the fourth annual **Oktoberfest** (free) benefiting the Fortuna Senior Center. Oh, *ja*.

Feast on a **traditional German meal** of brats (the sausages, not Hansel and Gretel), German potatoes and cabbage ($20, $15 advance, kids' meals available). As for beer, your stein runneth over with both **German and local brews** from which to choose. Come to think of it, can you run with your mug in hand? (Talent comes in all forms and we're not asking how you got good at it.) If so, there's a **stein race** and **barrel races** in which entrants use their Wagnerian might to roll kegs.

And what better way to celebrate the birthplace of Angela Merkel and leather shorts than with an open-air "oompah" concert from the tuba-tastic **Scotia Band** and the **Humboldt Accordionaires**. In case you've somehow hobbled through life without **learning to polka**, now is your chance. It could be the next swing dancing, you never know.

— Jennifer Fumiko Cahill



Courtesy of Sequoia Park Zoo

Red Menace

What is this power red pandas have over us? The **Sequoia Park Zoo**'s little family has us wrapped around their striped tails, running out in the middle of the night with flashlights and bamboo when one of them does a runner.

Little runaway Masala is apparently doing well, by the way, in her newly renovated enclosure in Knoxville, Tennessee — no doubt with beefed up security. Meanwhile, Cini (aka The Good One) is still in Eureka, hanging out with her folks, Sumo and Stella Luna.

Yield to their awesome, furry power on **International Red Panda Day** at the zoo on **Sunday, Sept. 25** (free admission). The party starts at noon with a **coloring contest**, **panda mask making**, **feeding times**, **trivia** and a **raffle**. The zoo keepers will be on hand with **talks** about the care and feeding of our adorable, masked overlords and the pandas themselves will do some **live painting** (far less awkward than when humans do it).

Proceeds from the festivities go to the Red Panda Network, which sounds a little nefarious, frankly, but serves to protect and preserve the species. Want in? Kids can become **Red Panda Rangers**, which just sounds like they're amassing an army.

We surrender.

— Jennifer Fumiko Cahill

22 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. $5. 442-0309.

MOVIES

Indie Night ft. *Housebound*. 7 p.m. Arcata Theatre Lounge, 1036 G St. A girl serves home detention with her creepy family and creepier ghosts. $4. www.arcatatheatre.com.

Wild Reverence: The Wild Steelhead's Last Stand. 6-10 p.m. Arcata Playhouse, 1251 Ninth St. An award-winning documentary from Shane Anderson and North Fork Studios about the plight of the wild steelhead along the West Coast, featuring the Eel River. $12. madriver-alliance95525@gmail.com. 382-6162.

MUSIC

The Soul Rebels ft. Talib Kweli. 9 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The eight-piece brass ensemble combines top-notch musicianship and songs with grooves that celebrate dancing, life, funk and soul. Gabe Pressure opens. $35, $15 HSU.

SPOKEN WORD

California's Wild Edge: Prints and Poetry. 5:30 p.m. Humboldt State University Library, 1 Harpst St., Arcata. An artist talk by printmaker Tom Killion along with poetry readings by Jerry Martien and Jim Dodge. In the Author's Hall. Free.

THEATER

After Darwin. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. In this play-within-a-play, a director discusses with her actors how to interpret two famous historical figures from 1831: Robert FitzRoy and Charles Darwin. $20-$10 depending on date/time.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. Fortuna Library presents a weekly morning storytime. Free. forhuml@co.humboldt.ca.us. www.humboldtgov.org/296/Fortuna-Library. 725-3460.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. A unique drop-off program for children ages 3-5. Stories, music, crafts, yoga and snacks. $8, $6 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

FOOD

Bear River Farmers Market. 3-5 p.m. Bear River Community Center, 266 Keisner Road, Loleta. Featuring baked goods, tribal produce, handmade jewelry, native plants and more. 733-1900.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. www.humfarm.org. 441-9999.

Eureka Natural Foods McKinleyville Farmers Market. 3:30-6:30 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. Local, GMO-free produce. Live music. EBT welcome with Market Match up to $10/day for EBT spending. Vouchers available to SSI recipients once per month per market location. Free. info@humfarm.org. www.humfarm.org. 441-9999.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. Interns work three months, six

hours a week in exchange for fresh veggies and hands-on training in organic agriculture. Free. baysideparkfarm@cityof arcata.org. www.facebook.com/BaysideParkFarm.

Rhody Meeting and Program. 7 p.m. Eureka Woman's Club, 1531 J St. Bruce Palmer presents a Powerpoint talk about rhododendrons and heaths entitled "All in the Family." Enjoy a raffle, door prize and camaraderie. Pot-luck at 6 p.m. Free. www.eurekawomansclub.org. 443-1291.

MEETINGS

Green Party Meeting. 7-8:30 p.m. Isis Osiris Healing Temple, 44 Sunnybrae Center #48, Arcata. Meet your Green candidates for Arcata City Council. Help build a strong third party, free of corporate control. dsilver@greens.org. 267-5342. www.humboldtgreens.org.

ETC

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. $5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. Tour the 150-year-old home of pioneers Joseph and Zipporah Russ, listed on the National Register of Historic Places. $10. info@ferncottage.org. www.ferncottage.org. 786-4835.

23 Friday

DANCE

World Dance. 8 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Humboldt Folk Dancers sponsor teaching and easy dances at 8 p.m., and request dances at 9 p.m. $3. g-b-deja@sbcglobal.net. www.stalbansarcata.org. 839-3665.

LECTURE

Native American Day. 6 p.m. College of the Redwoods Theatre, 7351 Tompkins Hill Road, Eureka. Panel discussion about issues of tribal communities with Katie Sharp, Cintra Agee, Keith Parker and Cynthia Boshell. Free.

Rails, Trails and Sails. 7 p.m. Ferndale Museum, 515 Shaw Ave. Join local historian Jerry Rhode for a trip through early travel in Humboldt County — by train along the Eel, with the wagoners through the Bald Hills and on board ship in Humboldt. Free.

MUSIC

Balkan Beat Box. 9 p.m. Arcata Theatre Lounge, 1036 G St. Electronica $25 advance. www.arcatatheatre.com.

THEATER

After Darwin. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Sep. 22 listing.

The Odd Couple (Female Version). 8-10:30 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. Neurotic clean-freak friend Florence Unger moves in with her sloppy BFF Olive in this comedy update. $16, $13 students/seniors. ncrt@humboldt1.com. www.ncrt.net. 442 6278.

EVENTS

Campaign Nonviolence Candlelight Vigil. 8-9 p.m. County Courthouse, 825 Fifth St., Eureka. Join the nation-wide organization in its quest to end all wars, violence, poverty, racism and to generate an end to the devastating effects of climate change. Free. kunle.centre@gmail.com. kunlecentre.wix.com/kunle-centre. 599-2381.

Solidarity Fridays - Peaceful Demonstration. 5-6 p.m. County Courthouse, 825 Fifth St., Eureka. Join Veterans for Peace and the North Coast People's Alliance every Friday from 5-6 p.m. for a peaceful protest on the courthouse lawn. www.NorthCoastPeoplesAlliance.org.

FOR KIDS

Car Seat Inspection. 11 a.m. Target, 2525 Fourth St., Eureka. Techs check your ride in the parking lot to ensure child safety seats are properly installed. Free. www.safercar.gov/parents.

Family Storytime. 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

FOOD

Southern Humboldt Farmers Market. 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, meats, baked goods and more, plus live music and family activities. Free.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Sep. 22 listing.

MEETINGS

LGBTQ Community Forum. 6 p.m. Humboldt State University Great Hall, 1 Rossow St., Arcata. Humboldt Pride invites the community for a facilitated conversation to air grievances and develop solutions together. Free. info@humboldtpride.org. www.humboldtpride.org/.

OUTDOORS

Farm Volunteer Fridays. 2-5 p.m. Bayside Park Farm, 930 Old Arcata Road, Arcata. Support the farm while reaping the benefits of growing food. Help plant and harvest and everything in between. Bring gloves and water and leave with fresh produce. Free.

Humboldt Baykeeper Boat Tour. 10-11:30 a.m. Woodley Island Marina, 601 Startare Drive, Eureka. Join docent guides on a motor boat around Humboldt Bay. RSVP required. Se habla español. Free. tours@humboldtbaykeeper.org. 825-1020.

Headwaters South End Hike. 10 a.m.-1 p.m. South End Headwaters Forest Reserve, Newburg Road, Fortuna. Join docent Susan for a Salmon Pass tour of the reserve. Meet her at Newburg Park in Fortuna. Confirm sign-up the day before by phone. Free. jdclark@blm.gov. 825-2317.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. $2 practice, $5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. $5.

ETC

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Sep. 22 listing.

24 Saturday

ART

Art Market. Last Saturday of every month, 11 a.m.-3 p.m. Creamery District, 1251 Ninth St., Arcata. A celebration of

Continued on next page »

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Let's Be Friends

Continued from previous page

art with high quality arts and crafts and local musicians performing in a fun and positive community event. Featuring music by Jenni & David and the Sweet Soul Band. CreameryInfo@Gmail.Com. www.creamerydistrict.org/art-market. 822-1575.

MUSIC

"Music, Love, and Light" Fall 2016 Concert. 7 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. BGHP's annual Fall Concert featuring Luther Cobb and Daniela Mineva on piano, McKinleyville Community Choir, Brad Curtis and a duet with Felicia Oldfather and Ellen Weiss. $20. rosegz@hcbhp.org. bghp.org. 825-8345 x-110.

Gwyneth Moreland and David Hayes. The Old Steeple, 246 Berding St., Ferndale. An evening of folk. 786-7030.

Similar Fashion, The Crenshaw, Choir of the Deep. 8 p.m. The Sanctuary, 1301 J St., Arcata. An evening of sonic exploration via jazz, a drum/bass duo and musical improvisation $5. music@sanctuaryarcata.org. 822-0898.

THEATER

After Darwin. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Sep. 22 listing.

The Odd Couple (Female Version). 8-10:30 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Sep. 23 listing.

EVENTS

2016 Celebration of the Arts Gala. 6-9 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Honoring Jack and Amy Sewell with the Outstanding Contribution to the Arts Award. Includes a sampling of hors d'oeuvres, hosted California wines, no-host cocktails, live music, a raffle and a silent auction. $50. www.humboldtarts.org. 442-0278.

Pet Fair. 10 a.m.-4 p.m. The Farm Store, 3956 Jacobs Ave, Eureka. Check out pet food vendors, local rescues, artisans, the Humboldt Dash and Splash, a Doggie Fun Zone, barbecue, silent auction, 4-H and a kids zone at this 21st annual event. Free. orderdesk@thefarmstore.net. 443-7397.

Oktoberfest. 11 a.m.-3 p.m. Rohner Park, 11th and N streets, Fortuna. Enjoy a traditional German-style dinner, German and local beer, and "oompah" music from the Scotia Band and the Humboldt Accordionaires. Join in the beer barrel and stein races and learn to polka. Free admission, dinner $20, $15 advance. admin@fortunasenior.org. www.friendlyfortuna.com. 726-9203.

Humboldt Hills Hoedown. Mateel Community Center, 59 Rusk Lane, Redway. Day-long festival of bluegrass, country and related genres of music, along with a kid zone with games and activities, a cake walk, jamming opportunities, food, beer and wine. $25, $20 advance. office@mateel.org. www.mateel.org. 923-3368.

Neighborhood Watch Block Party. 11 a.m.-4 p.m. Sequoia Park, 3414 W St., Eureka. Enjoy a day of food vendors, live music by LaPatinas and the Honkey Tonk Detours, Humboldt Wildlife Care Center live birds, Cinderella face painting, a pie eating contest, raffle, speakers, Zumba and more. Free.

Night of 4,000 Stars. 5 p.m. Sequoia Conference Center, 901 Myrtle Ave., Eureka. Fundraising dinner and auction honoring 2016 Lance Madsen Champion For Youth, Dalene Zerlang of the Humboldt Bay Maritime Museum and Motor Vessel Madaket. Price TBA.

Speeder Rides. 10 a.m.-4 p.m. Foot of Samoa Cookhouse, 908 Vance Ave., Samoa. Timber Heritage Association provides rides every half hour until 3:30 p.m. www.timberheritage.org.

Sumeg Village Day. 12-3 p.m. Patrick's Point State Park, 4150 Patrick's Point Drive, Trinidad. Experience Native American stories, songs, hot rock cooking and a guided tour of Sumeg village. Free samples of traditional acorn soup, alder smoked salmon and sun-dried seaweed are available. Free.

Wine by the Sea. 3-6 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Indulge in wine tasting, locally made desserts, cheeses, barbecued oysters and other tasty treats for a good cause. Also, live music and auction items. $35, $30 members. info@friendsofthedunes.org. 444-1397.

FOR KIDS

Story Time with Kathy Frye. Fourth Saturday of every month, 11-11:30 a.m. Rio Dell Library, 715 Wildwood Ave. Featuring puppets and more designed for children ages 0-5. Free. riohuml@co.humboldt.ca.us. https://www.facebook.com/RioDellLibrary/. 764-3333.

FOOD

Arcata Plaza Farmers Market. 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh vegetables and fruit from local producers, food vendors, plant starts and flowers every week. Live music.

Grange Breakfast. Fourth Saturday of every month, 7:30-11 a.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Eggs, cooked to order, sausage or ham, biscuits and gravy or hotcakes, and coffee. $5, $3 for children ages 6 to 10, free for children under 6. www.facebook.com/humboldt.grange.

GARDEN

Native Plant Society Fall Plant Sale. 10 a.m.-3 p.m. Kokte Ranch & Nature Preserve, 2182 Old Arcata Road, Bayside. Trees, shrubs, bulbs and perennials with knowledgeable people to give advice. Bring your own box. Check our website for partial plant list. Free. thegang7@pacbell.net. www.northcoastcnps.org. 826-0259.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet trained guide Jenny Hanson for a 90-minute walk focusing on the ecology of the marsh. Free. 826-2359.

Audubon Society Arcata Marsh Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet walk leader Larry Karsteadt in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Free. www.rras.org/calendar.

Godwit Days Fall Preview. Countywide. A weekend of birding in Humboldt and Del Norte counties. Join experienced leaders on any of six small-group trips (maximum of 10 registrants). $25-50. www.godwitdays.org. 826-7050.

Naming Ceremony. 6-7:30 p.m. Ancestor Grove, Briceland-Thorn Rd, Whitethorn. The annual candlelight ceremony features poetry and music and honors all those who have been memorialized and honored during the



year, as well as all of donors. RSVP by Sept. 20. Call for directions. Free. anna@sanctuaryforest.org. 986-1087.

Volunteer Trail Stewards. 9 a.m.-1 p.m. Arcata Community Forest, Union Street. Help build the Arcata Ridge Trail. Wear a long sleeve shirt, work pants and boots and bring rain gear and water. Gloves, tools, snacks and beverages. For meeting location call 825-2163 or email eservices@cityofarcata.org. Free.

SPORTS

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Sep. 23 listing.

ETC

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Sep. 22 listing.

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. $5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

25 Sunday

MOVIES

HCDCC Movie Night. 2 p.m. Democratic Headquarters, 129 Fifth St., Eureka. Bring a soft drink and enjoy organic popped corn and watch *Where to Invade Next* by Michael Moore. Discussion follows. Free.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

Riders In The Sky. 7 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The singing cowboys ride in with harmonies, Western wit and adventure. Features a multi-media romp with audience favorites from Roy Rogers and the Riders' Grammy-winning high-yodeling style. $36, $26, $10 HSU.

THEATER

After Darwin. 2 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Sep. 22 listing.

The Odd Couple (Female Version). 2-4:30 p.m. North Coast Repertory Theatre, 300 Fifth St., Eureka. See Sep. 23 listing.

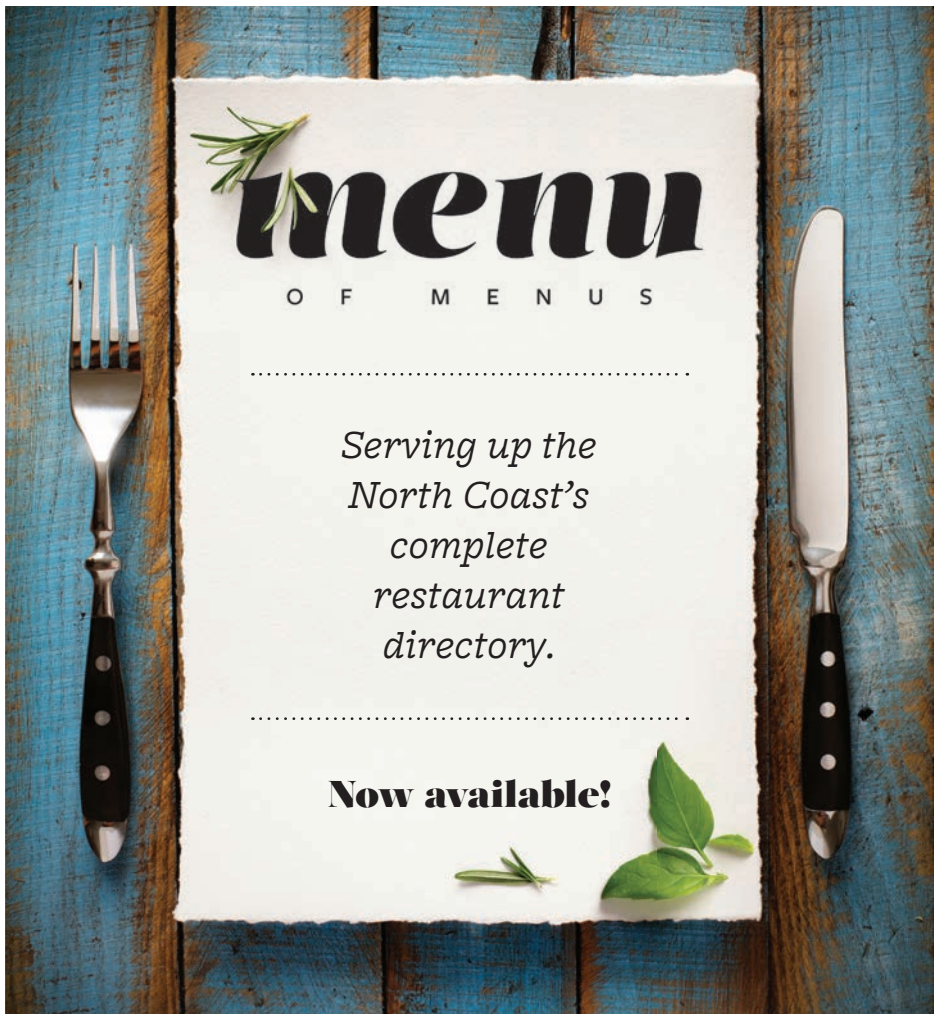
Shea FreeLove's BDay Party. 8-10 p.m. Arcata Playhouse, 1251 Ninth St. Freaks, wonders and curiosities including sword swallowing and stunts. $5. Freelovecircus@yahoo.com. 845-5842.

ELECTIONS

Canvass and Phone Bank. 12-4 p.m. Eureka Labor Temple, 840 E St. Volunteer with North Coast People's Alliance for upcoming issues on the November ballot. Free. 599-2951.

Continued on page 43





Plein Air at the
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Clendenen's Cider Works - Apple Tasting & Applewood BBQ
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TASTE OF THE HARVEST HARD CIDER FESTIVAL
4-7PM, ROHNER PARK

SUNDAY, OCTOBER 2ND

CLENDENEN'S CIDER WORKS:
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Calendar

Continued from page 41

EVENTS

Can't Stop the Serenity. 5-9 p.m. Arcata Theatre Lounge, 1036 G St. An evening with prize giveaways, a costume parade, Mudder's milk and a screening of *Serenity* - all to benefit charity. $6. www.arcatatheatre.com.

International Red Panda Day. Noon. Sequoia Park Zoo, 3414 W St., Eureka. Red panda-themed activities for all ages, including a coloring competition, mask making, red panda feedings and paw painting demonstrations, keeper talks, trivia and a raffle. Benefits the Red Panda Network. Free. www.sequoiaparkzoo.net.

Something Blue Wedding Show. 12-3 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Check out this one-stop venue featuring over 30 vendors to get all the details, samples and contacts for your special day. www.bluelakecasino.com. 877-252-2946.

Uku-hula-lua. 5-7 p.m. Sequoia Conference Center, 901 Myrtle Ave., Eureka. Hawaiian luau with the Humboldt Ukulele Group and Friends, Te Ro O Te Moana Polynesian Dance and lei and kazoo making. Bring your ukulele. Benefits Ink People Center of the Arts. $25 adults, kids donation. 497-7244.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos and more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokémon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

OUTDOORS

Godwit Days Fall Preview. Countywide. See Sep. 24 listing.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. $2 practice, $11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. Free. www.nugamesonline.com. 497-6358.

26 Monday

DANCE

Let's Dance. 7-10 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Let's dance to live music including swing standards and roots country. Everyone welcome. Swing dance lesson at 6:15, $5. Dancing after lesson free to lesson participants. $4. www.facebook.com/humboldt.grange. 725-5323.

FOOD

Klamath Watershed Council Fundriaser. 5-9 p.m. Folie Douce, 1551 G St., Arcata. Support Klamath Watershed restoration with a seasonal, organic gourmet dinner. Reservations: 822-1042. $50. www.foliedoucearcata.com.

Continued on next page »

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Saturday 9:00 - 6:00
Sunday 11:00 to 5:00
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September is
Humboldt
10th Anniversary Local Food Month



10th Anniversary!

Get up close and personal with local agriculture during a farm tour, learn more about the food systems at a lecture or workshop, or enjoy local flavor at one of the many tastings and business tours, or by visiting your local farmers' markets.

Local Food Month is sponsored by the following businesses and organizations:

SINCE 1979 NORTH COAST GROWERS ASSOC. FARMERS MARKET
Redwood Coast · California HUMBOLDT MADE
Locally Delicious
NORTH COAST CO-OP

For full calendar of events, visit: localfoodmonth.org

Calendar

Continued from previous page

MEETINGS

McKinleyville Low Vision Group. 11 a.m. Azalea Hall, 1620 Pickett Road, McKinleyville. This month's topic is how to deal with fears of going blind. Contact Doug 839-0588, dougdrose@suddenlink.net. Free. www.mckinleyvillecsd.com/azalea-hall.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Monday Night Football. 5:30 p.m. Arcata Theatre Lounge, 1036 G St. Watch the game on the big screen. Check www.arcatatheater.com to stay updated on game and event details. Falcons at Saints. Free w/$5 food and beverage purchase. www.arcatatheatre.com.

27 Tuesday

LECTURE

Terrorism: American as Apple Pie. 5-7 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Humboldt State University's 2014-15 Excellence in Teaching Lecturer Gayle Olson-Raymer presents her lecture with an informal reception to follow. Free. tmb419@humboldt.edu. 826-3722.

FOR KIDS

Arcata Family Resource Center Playgroup. 10 a.m.-noon. Arcata Elementary School, 2400 Baldwin St. Playgroup for children 0-5 and their parents and caregivers. 826-1002.

Blast Off 2016. 6-8:30 p.m. Four Square Faith Center, 1032 Bay St., Eureka. Blast Off 2016 is a fun and safe event for all students grades 6-12. There will be free food, prize giveaways and giant inflatables. Free. bbabcock@eurekafaithcenter.org. 442-1784.

Grandparents and Books Storytime. 3-4:30 p.m. Fortuna Library, 753 14th St. Children of all ages welcome to afternoon storytime with "grandparent" storyteller Cynthia. Free. forhuml@co.humboldt.ca.us. www.humboldtgov.org/296/Fortuna-Library. 725-3460.

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Come to the museum for stories, crafts and snacks. Free for children age 0-5 and their caregivers. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokémon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Sep. 25 listing.

FOOD

Fortuna Farmers Market. 3-6 p.m. Fortuna Main Street, Main Street. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free.

Old Town Eureka Farmers Market. 10 a.m.-1 p.m. Historic Old Town Eureka, Second Street. North Coast Growers' Association farmers markets are GMO-free and all agricultural products are grown or raised within Humboldt County. Live music every week. Free. info@humfarm.org. www.humfarm.org. 441-9999.

Wildberries Marketplace Farmers Market. 3:30-6:30 p.m. Wildberries Marketplace, 747 13th St., Arcata. GMO-free agricultural products from Humboldt County. Live music. EBT always welcome. Monthly vouchers available to SSI recipients. Free. info@humfarm.org. www.humfarm.org. 441-9999.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Sep. 22 listing.

OUTDOORS

Slower-Speed Arcata Marsh Tour. Last Tuesday of every month, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. A tour for attendees with mobility issues and those who are unable to keep up on regular walks. Meet at the first I Street parking lot (in from Samoa) of the Arcata Marsh. Free. 822-3475.

COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam , 915 H St., Arcata. Local and out of town comedians bring the ha-has. $5. 822-4766.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from $1-$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw St., Ferndale. Cards and pegs.

28 Wednesday

ART

Plein Air at the Lost Coast. Through Oct. 2. Downtown Shelter Cove, Machi Road. An outdoor painting festival with workshops, prizes, auctions and more for artists and art lovers of all ages and levels.

LECTURE

Raj Patel: *Stuffed and Starved*. 7 p.m. Van Duzer Theatre, Humboldt State University, Arcata. The award-winning writer, activist and academic explains steps to regain control of the global food economy, stop the exploitation of farmers and consumers, and rebalance global sustenance. $15, $5 HSU.

Water Management History Talk. 5:30-7 p.m. Humboldt State University, 1 Harpst St., Arcata. As part of the Sustainable Futures Speaker Series, Alexander Schunka presents "Water Use and Water Management in Early Modern Europe." Free. envcomm1@humboldt.edu. www.schatzlab.org/about/publications/speaker_series.html. 826-3653.

MUSIC

Liquid Stranger and Bleep Bloop. 9:30 p.m.-1:30 a.m. Arcata Theatre Lounge, 1036 G St. With Purkulat0r and Shlump on the Weird and Wonderful Tour. This is a 21+ event. $15/$20/$25.

FOR KIDS

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

MEETINGS

Humboldt Bay Harbor Working Group. 12:30 p.m. Samoa Cookhouse, 908 Vance Ave. City of Eureka council candidates Austin Allison, John Fullerton and Heidi Messner are scheduled for this month's no-host luncheon. www.samoacookhouse.net.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free. 497-6093.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local

Magic community. Beginners welcome. Door prizes and drawings. $5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. oss1ncrp@northcoast.com. www.baysidegrange.org. 444-2288.

Tai Chi Session. 8-9 a.m. Sequoia Park, 3414 W St., Eureka. An early morning Tai Chi session led by Robert Agar-Hutton and his wife from Northamptonshire, England. Free.

SPORTS, ATHLETICS & ADVENTURE

FOG Sailing Races Humboldt Bay. 6-7:30 p.m. Humboldt Yacht Club, 1 Marina Way, Eureka. Got a sailboat? Join other sailors every Wednesday evening for a casual race on Humboldt Bay. Race starts at foot of F street at 6 p.m. All skill levels and boat sizes welcome. Free. humboldtyachtclub.org.

29 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Sep. 22 listing.

Plein Air at the Lost Coast. Downtown Shelter Cove, Machi Road. See Sep. 28 listing.

BOOKS

Journal Wild. 6:30-8:30 p.m. Eureka Main Library, 1313 Third St. An evening of word-play and journal inspiration with poet, teacher and author Susan Wooldridge. Free. www.humlib.org. 269-1905.

MUSIC

Absynth Quartet. 8 p.m. Arcata Playhouse, 1251 Ninth St. Fire-breathing indie-grass. Featuring a screening of *Boomerang* by Steven Van de Meer. $10. 822-1575.

THEATER

After Darwin. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Sep. 22 listing.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. See Sep. 22 listing.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. See Sep. 22 listing.

FOOD

Bear River Farmers Market. 3-5 p.m. Bear River Community Center, 266 Keisner Road, Loleta. See Sep. 22 listing.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. See Sep. 22 listing.

Eureka Natural Foods McKinleyville Farmers Market. 3:30-6:30 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. See Sep. 22 listing.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Sep. 22 listing.

COMEDY

Aidan Park Comedy Review. 9:30 p.m. The Jam 822-4766, 915 H St., Arcata. An evening of comedy benefiting Humboldt Pride. Featuring Ivy Vasquez, with Stephanie Knowles and Talvi Fried. 822-4766.

ETC

Community Board Game Night. Last Wednesday, Thursday of every month, 6-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. See Sep. 28 listing.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. See Sep. 22 listing.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Sep. 22 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Sep. 22 listing.

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Sep. 22 listing.

Heads Up

The Rotary Club of Eureka is now accepting grant applications for the Sign & Ruth Smith Funds. These are meant to fund significant community projects. The grant applications are due Oct. 1. For more information go to www.rotary1.org.

PFLAG Eureka/Arcata has openings for president, board secretary and treasurer. For more information, email eurekapflag@gmail.com.

The Humboldt Arts Council accepts entries for the 22nd annual Junque Arte Competition and Exhibition Wednesday, Sept. 27 from noon to 5 p.m. Entry guidelines available at the museum or at www.humboldtarts.org.

The McKinleyville Community Services District announces two regular voting member vacancies and one alternate member vacancy on the Recreation Advisory Committee. Mail letters of application to the MCSD, Attn: Lesley Frisbee, P.O. Box 2037, McKinleyville, CA 95519. Contact the Parks & Recreation Office at 839-9003.

McKinleyville writing group seeks members. Phone John Daniel, 839-3495, or email jmd@danielpublishing.com for details.

North Coast Community Garden Collaborative seeks donated garden supplies, monetary donations and/or volunteers. For more information, contact 269-2071 or debbiep@nrsrcaa.org.

Volunteers needed for the Arcata Marsh Interpretive Center. Call 826-2359 or email amic@cityofarcata.org.

Volunteers wanted for Eureka VA clinic. Call 269-7502.

●

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When nobody likes your SCRAP Humboldt project.

Getting Real

Faux found footage and leaks

By John J. Bennett
filmland@northcoastjournal.com

Reviews

BLAIR WITCH. Being of a certain age, I remember the media blitz surrounding *The Blair Witch Project* (1999): the ambiguous print ads and teasers, the early Internet presence, the promise of the scariest movie of all time, assembled from footage shot by young documentarians now lost. It was all bullshit, of course, but we all went anyway. And what we saw was a group of young white people wandering around in the woods looking frightened. It was a little hard to look at — the camera work made some motion-sick and I don't remember being particularly frightened. But we ALL went to see it. The movie cost somewhere in the mid-five figures to produce and after a studio bought it, re-cut it to a lean 81 minutes and sunk millions into advertising, it grossed more than $140 million. The plague of found-footage horror was upon us.

Somewhere in the summer dark, a young Adam Wingard and Simon Barrett were also watching *The Blair Witch Project*. I've been an outspoken proponent of Wingard and Barrett's work since they surprised me with *You're Next* (2011) and made me reconsider my stance on contemporary horror. They followed that with *The Guest*, a flawed but enjoyable thriller about a dangerously charming drifter (played to great effect by *Downton Abbey*'s Dan Stevens). And now they've done this and I'm not sure what to believe anymore.

A true sequel, *Blair Witch* picks up with James (James Allen McCune) in real time: Almost 20 years ago, his sister Heather was among those who disappeared trying to find and document the witch. He's been combing the Internet ever since and now, having found a questionable scrap of footage, he's ready to go out into the woods and find her. Of course he has a friend, Lisa (Callie Hernandez), who's taking a documentary class and needs a subject (her having no sense of story or how to frame a shot is a matter for her professors). And he convinces Ashley (Corbin Reid) and Peter (Brandon Scott) to come along. They all head to the hinterland, where they meet up with Lane (Wes Robinson) and Talia (Valorie Curry), the crackpot yokel couple who posted the inciting video clip. There's more than a little tension from the outset: Peter taking particular offense at Lane's cavalier attitude and gigantic Confederate flag. Because James is so bent on his patently insane notion that his sister might still be rattling around the woods, they

Continued on next page »

MOVIES & EVENTS
Sept 22 - Sept 26
Fri Sept 23 – Balkan Beat Box, Doors @ 9 PM, $20 lim adv tix @ ATL, $25 adv tix @ Wildberries/People's Records/The Works, 21+.
Sun Sept 25 – Can't Stop The Serenity, Doors @ 5 PM, Movie at 6 PM, Event is $6, Rated PG-13.
Mon Sept 26 – Monday Night Football, Doors @ 5:20 PM, Game @ 5:30 PM, Falcons @ Saints, All ages, Free w/$5 food & bev purchase.
ARCATA
NOW PLAYING
Thurs Sept 22 - That Indie Night: Housebound (2014), Doors @ 6:30 PM, Film @ 7 PM, Admission is $4, Well Cocktail Specials All Night Long, Unrated.
Arcata Theatre Lounge
arcatatheater.com • 822-1220 • 1036 G St.

Continued from previous page

forge a reluctant partnership, with Lane leading the group to the spot where he supposedly found the video tape in question. Things go badly.

While Barrett's script expands on the fundamental story points of the original, and at least tries to introduce elements of character, the premise is still awfully thin. And Wingard's insistence on adhering to the "shaky-cam" model, updated though it may be with drone footage and USB ear-piece cameras, doesn't read like homage or a throw-back as much as it feels worn out. And the fact that the movie isn't so much edited as slammed together (ostensibly to suggest rawness and immediacy), works against any potential dread or scariness. Since childhood, I have steadfastly refused to walk out on a movie before the end. This one tested my resolve. *R. 89M. BROADWAY, MILL CREEK.*

SNOWDEN. Going in, my outlook on this was pretty dim. This being a pseudo-biopic about a contentious contemporary figure, handled by a director whose judgment I lately question. Granted, Oliver Stone made some movies that were fairly essential in my cinematic education. *Platoon* (1986), *The Doors* (1991) and *U-Turn* (1997) especially — I've probably revealed too much. Regardless, Stone has, in his later career, started making movies that are borderline unwatchable. *Wall Street: Money Never Sleeps* (2010) and *Savages* (2012), for example, both took promising casts and scenarios and ran them right into the ground.

I expected him to do the same with *Snowden*, despite the presence of Joseph Gordon-Levitt, one of the most compelling, versatile actors working today. But somehow, maybe due to its narrower focus or Stone's belief in the material, this is quite a good movie. Starting around the time of Edward Snowden's (Gordon-Levitt) discharge from the U.S. Army due to physical ailments, it follows his trajectory as a star pupil in the CIA's cyber-terror training program, a patriot hoping to use his skills and talents in defense of his country. As early as his first posting, in Geneva, Snowden's personal ethics begin to conflict with the Agency's methodology. He resigns, finds subsequent work as a contactor with the NSA, and continues to grow increasingly concerned about the breadth of surveillance culture, coming eventually to question who and what, exactly, it is in aid of.

Stone examines Snowden's shifting perspective with more balance and care than I had come to expect. By its nature, this subject is and will be divisive, but it is treated here with delicacy and craft. The result is a compelling, thought-provoking examination of modern society, patriotism, warfare, politics and freedom. *R. 106M. BROADWAY, FORTUNA, MILL CREEK.*

— John J. Bennett

For showtimes, see the Journal*'s listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Richards' Goat Miniplex 630-5000.*

Previews

THE MAGNIFICENT SEVEN. A boot-filled reboot of the classic remake of *The Seven Samurai*. Starring Denzel Washington, Chris Pratt and Haley Bennett. *PG13. 133M. BROADWAY, FORTUNA, MILL CREEK.*

NORTH BY NORTHWEST. Revival of the 1959 mistaken-identity Alfred Hitchcock thriller starring Cary Grant and Eva Marie Saint. 136m.

STORKS. A retail delivery bird winds up in the baby business trying to get an infant to a family. Or you could just have the talk with your kids. Voices of Jennifer Anniston and Kelsey Grammer. *PG. 87M. BROADWAY, FORTUNA, MILL CREEK.*

Continuing

BRIDGET JONES'S BABY. Renee Zellweger returns as the heroine, this time pregnant and unsure whether the father is her Yank fling (Patrick Dempsey) or her ex (Colin Firth). Insert *Cathy* "arrgh!" *R. 123M. BROADWAY, MILL CREEK.*

DON'T BREATHE. Director Fede Alvarez's atmospheric heist-gone-wrong horror movie about teens trapped in a murderous blind man's home boasts a solid story and earned scares. *R. 88M. BROADWAY, MILL CREEK.*

HELL OR HIGH WATER. A pair of bank-robbing brothers (Chris Pine, Ben Foster) are pursued by a pair of Texas Rangers (Jeff Bridges, Gil Birmingham) in a fine, character-driven film about what poverty does to people. *R. 102M. BROADWAY.*

KUBO AND THE TWO STRINGS. A boy (Art Parkinson) battles supernatural foes with the help of odd couple Monkey (Charlize Theron) and Beetle (Matthew McConaughey). *PG. 101M. MILL CREEK.*

THE LIGHT BETWEEN OCEANS. Drama about a WWI veteran and his wife (Michael Fassbender, Alicia Vikander) who keep a foundling instead of reporting it. *PG13. 133M. BROADWAY.*

LO AND BEHOLD, REVERIES OF THE CONNECTED WORLD. Director Werner Herzog articulates the complexities and impacts of technology and digital interconnectedness in a worthwhile documentary. *PG13. 98M. MINIPLEX.*

PETE'S DRAGON. Fantasy tale about an orphan (Oakes Fegley) and his dragon buddy in the Pacific Northwest. With Bryce Dallas Howard and Robert Redford. *PG13. BROADWAY, MILL CREEK.*

SAUSAGE PARTY. Seth Rogen and Kristen Wiig voice a hot dog and bun, respectively, in this raunchy, gross-out funny cartoon about foods discovering they're food. *R. 89M. BROADWAY.*

THE SECRET LIFE OF PETS. A family-friendly tale of rival dogs in New York City that doesn't really live up to its cast, which includes Louis C.K., Jenny Slate and Kevin Hart. *PG. 90M. BROADWAY.*

SUICIDE SQUAD. This mess of semi-random violence rattles on pointlessly as DC villains take on badder guys. *PG13. 123M. BROADWAY, FORTUNA, MILL CREEK.*

SULLY. Director Clint Eastwood resists the soapbox for a compact, patiently told real-life story of heroism with a masterful performance from Tom Hanks. *R. 106M. BROADWAY, FORTUNA, MILL CREEK.*

THE WILD LIFE. Animated animal-centric retelling of Robinson Crusoe. *PG. 90M. BROADWAY.*

— Jennifer Fumiko Cahill ●

Workshops & Classes

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or e-mail: **classified@northcoastjournal.com**

Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Communication

VICTIMS OF CHURCH ABUSE HEARD AT LIFETREE CAFÉ Stories of people who have experienced church-inflicted hurt will be discussed at Lifetree Café on Sunday, September 25 at 7 p.m. The program, titled "Hurt by Church,"features a filmed interview with a woman who suffered emotional wounds caused by the church during several difficult periods in her life. In the interview, she describes why the hurt she endured eventually led to her exit from that church. Lifetree Café is a free conversation cafe located at Campbell Creek Connexion, corner of Union and 13th St., Arcata. Coffee and snacks. Ph: 672 2919 (C-0922)

Dance/Music/Theater/Film

DANCE WITH DEBBIE: Do you feel lost when your dance instructor talks about rhythm & musicality? We break things down in our "Musicality 101" workshop; Wednesday, Sept 28, 7:00-9:00 p.m. All levels welcome, no partner required. $10/person. (707) 464-3638, debbie@dancewithdebbie.biz (D-0922)

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-0929)

PIANO LESSONS FOR BEGINNERS by Judith Louise. Children and adults, learn to read & play music! 707 476-8919. (D-0929)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 shoshannaRaks@gmail.com (DMT-0929)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-:11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0929)

WEST AFRICAN DRUM CLASS All Level Community Class Fridays 6-8pm
Held at Organic Matters Ranch Barn
6821 Myrtle Ave, Eureka (Freshwater)
Contact Heather 707-834-3610
Extra drums available to borrow or purchase (DMT-0929)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-0929)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0929)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. $6/$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-0929)

Kids & Teens

ENVIRO. ED TRIPS TO COSTA RICA Many schools or clubs offer an international trip. Why not use a local nonprofit? www.oneforestfoundation.com

FAMILY CERAMICS Be creative with your kids! 6 weeks-$60/$70 for up to (4). Create. Glaze. Fire. Fun! (707)822-7091 cityofarcata.org/rec

Lectures

FINANCIAL PEACE UNIVERSITY What if you knew you would have enough money to pay for your retirement and your children's college? Financial Peace University is a course on personal money management that teaches a simple plan to help you meet those goals, even on a modest income. How would it feel if you had no debt, not even a mortgage? How do we raise our kids to be smart about money? Learn more about protecting your family by making wise decisions about money. Can a course on personal money management really be fun? Yes, it can! FPU is a light-hearted approach to a serious subject. Tuesdays 7pm-9pm. Oct 4 to Dec 13. Humboldt Unitarian Universalist Fellowship - 24 Fellowship Way, Bayside CONTACT: Margot Julian, 707-499-1474 or margot@questforexcellence.org. (L-0929)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0929)

A FOOD PLAN FOR METABOLIC HEALTH WITH CARLISLE DOUGLAS. Discover the dietary principles outlined by Harvard endocrinologist Dr. David Ludwig in his book, Always Hungry? while exploring menus, recipes, and shopping lists as well as movement, sleep and stress relief strategies. Mon., Oct. 3 from 2:30-4:30 p.m. OLLI Members $10/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

ART, SPIRITUALITY & HEALING WITH ROY KING Explore the roots of nature-based religion and how historically it has influenced art and spirituality. Thurs., Oct. 6-27 from 2-4 p.m. OLLI Members $65/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

BEYOND THE CHECKERED BOARD: COMMANDS & COLORS: ANCIENTS WITH JERRY SANER Learn the GMT game "Command and Colors: Ancients," a board wargame that covers the battles of Rome vs. Carthage and Syracuse through this "how-to" class. Thurs., Oct. 6-27 from 5-6:50 p.m. OLLI Members $30/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

CONTRACT BRIDGE FOR BEGINNERS WITH ROBERT FORNES Learn the rules and tools to enable you to completely play the game called "the mental pencil sharpener for the senior brain."Wed., Oct. 5-Nov. 9 from 10 a.m.-12 p.m. OLLI Members $80/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

CONTRACT BRIDGE FOR INTERMEDIATES WITH ROBERT FORNES Learn more about playing and defending in a trump or a no-trump contract, and clarify many complex bidding issues through this course open to all who have completed the "Contract Bridge for Beginners"class and all others who are comfortable with bidding. Wed., Oct. 5-Nov. 9 from 1-3 p.m. OLLI Members $80/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

GENTLE YOGA WITH PATRICIA STARR. Learn the basic foundation, the use of props, correct alignment, conscious relaxed breathing and all of the basic stretches. Mondays, Oct.3-17 from 1-2:30 p.m. OLLI Members $55/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

IPHONE BASICS: UNDERSTANDING YOUR IPHONE WITH JEFF SCHROEDER. Get to know the functions and features of the Apple iPhone, including how to effectively and efficiently write notes and messages. Tues., Oct. 4 from 5-6:50 p.m. OLLI Members $30/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

ISLAM: A FAITH MISREPRESENTED WITH MOLLY CATE Discover the breadth and heart of Islam through an exploration of the religion's tenets and practices, theology and geography, as well as history and current events. Tues., Oct. 4-18 from 4-6 p.m. OLLI Members $55/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

OLLI PILATES PLUS WITH JOANNE FORNES Build a stronger, healthier body and improve your balance with Pilates! OLLI Pilates Plus classes are designed to gently and effectively teach you principles of breath and movement which engage your core abdominal muscles. Wed., Oct. 5-Nov. 9 from 10-11:30 a.m. OLLI Members $65/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

CONVERSATION CIRCLES ON CONSCIOUS AGING WITH CHERYL JOHNSON Dialogue with others to harvest collective wisdom regarding challenges in aging. Wed., Oct. 5-26 from 10 a.m.-noon. OLLI Members $65/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

SMARTPHONES: THE WHY & WHAT WITH PAM HOLTEN Learn how smartphones can possibly enrich and enlarge your life. If you already own an iPhone or an Android operating system, this class may open up new possibilities for you. Tues., Oct. 4 from 3-4:50 p.m. OLLI Members $10/all others add $25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0922)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. ARCATA: Sunday 7:55 a.m. at Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. EUREKA: Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12.For more information call 826-1701 or visit arcatazengroup.org. (S-0929)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m., Community Yoga Center 890 G St., Arcata. Contact Lama Nyugu (707) 442-7068. Fierro_roman@yahoo.com. www.kdkarcatagroup.org (S-12-29)

NON-RELIGIOUS BUDDHIST STUDY AND PRACTICE WITH TOBIN RANGDROL AT ARCATA SCHOOL OF MASSAGE. Tuesdays, 6:30-8:30 p.m. starting September 27. Free. Visit freebuddhism.org or call (707) 407-7300. (S-1020)

SPIRITUALITY SUNDAYS AT WESTHAVEN CENTER FOR THE ARTS Join us each Sunday from 9-10 AM for Golden Lion Yoga w/ Marissa Vaudo, a spirituality informed yoga practice with emphasis on breathing and developing calmness. $12/class. Call 499-6917. Also, come to Gaia's Love for a monthly study and experiential discussion group on Nature Based Spirituality and the healing values of the arts, October 23rd from 10-11 AM. Both are held at Westhaven Center for the Arts at 501 S. Westhaven Dr., Westhaven. Contact Roy King at royjking2@hotmail.com or (650) 575-7670.

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0929)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0929)

FREE DEPRESSION SUPPORT GROUP. Feeling hopeless? Free, non-religious, drop-in peer group for people experiencing depression/anxiety. UMCJH 144 Central Ave, McK 839-5691 (T-0209)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0929)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0929)

Vocational

COLLEGE OF THE REDWOODS COMMUNITY EDUCATION will begin LIVE lecture real estate classes in Oct. that conclude May 2017. For additional questions call (707) 476-4500 or visit CR's Community Education at www.redwoods.edu/communityed (V-0922)

COMMUNITY AND SOCIAL SERVICES TRAINING Oct 12 - Dec 14, Mon & Wed 8:30 AM - 12:30 PM Fee: $650 (Scholarships available!) Learn about best practices while building an understanding for the empathy, confidentiality, and self-awareness the field of social services demands. Entry-Level Externship opportunities are available. Please ask for more information when registering. Call (707) 476-4500 or visit CR's Community Education at www.redwoods.edu/communityed (V-0922)

LOAN DOCUMENT SIGNING SPECIALIST Monday, Sept. 26th 5:30 p.m. - 9:30 p.m $135 This course will provide students with information on the duties and responsibilities of both the Notary Public and Loan Signing Specialist, which will enable student to acquire the essential knowledge and skills to be successful in this career field. After completing the course, students will be able to identify and understand the different types of loan documents with sufficient knowledge to explain them to the client, if requested. Call (707) 476-4500 or visit CR's Community Education at www.redwoods.edu/communityed (V-0922)

NEW CARE GIVERS: HELPFUL TIPS TO SECURE MORE WORK October 7 & 8, 2016 Friday 3p - 6p, Saturday 10a.m. - 1p.m. $55 to register, plus $15 on the first day of class for workbook CR Community Education 525 D St. Eureka, CA Call 707-476-4500 to register (V-0922)

SERVSAFE MANAGER CERTIFICATE Tues.Oct. 11, 2016 8:30 a.m. - 5:00 p.m. $175 This comprehensive one-day workshop assists restaurants and other food handling businesses in complying with AB 1978/Campbell. Fees include textbook, food safety and sanitation instruction, demonstrations and certification examination fee. Register with adequate time to read the textbook before attending class. Call (707) 476-4500 or visit CR's Community Education at www.redwoods.edu/communityed (V-0922)

Wellness & Bodywork

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSONG. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. $11 drop-in or 6 class pass $57. Scholarships avail. info Laurie 362-5457 (W-0929)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Plant Lovers Journey to Costa Rica with Jane Bothwell & Rosemary Gladstar. November 10-19, 2016. Let us guide you through the unsurpassed beauty and wondrous diversity of Costa Rica! Herbal Adventure to Hawaii. Jan 14-21, 2017, Join Jane and Co. for an unforgettable journey to the Big Island. Ethnobotanical adventures, herbal spa days, meeting Native healers, enjoy a Kava ceremony and other cultural activities, lush beaches, lots of hikes, yoga and more! Beginning with Herbs. Jan 25 - Mar 15, 2017, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. Register online www.dandelionherb.com or call (707) 442-8157. (W-1103)

ARCATA CORE PILATES Pilates, Barre, Yoga, TRX, Dance, & Private Instruction. 707-845-8156 located across the street from the North Coast Co-op, 901 8th Street Arcata, CA. arcatacorepilatesstudio.com

YOGA IN EUREKA TUES 6:15PM-7:30 W/ JAMIE KESSLOFF. Humboldt Herbals Classrm 219 D St. A dynamic class w chakras & polarity balancing movements. All levels. $8-13 sliding scale. 707-460-0303 livingourdivinity.com

A Workplace Where We All Belong: *Avoiding Implicit Bias & Diversifying Our Teams*

Fridays, Oct. 21 & Nov. 4
9-noon, Humboldt Bay Aquatic Center, 921 Waterfront Dr., Eureka

A two-part workshop designed to help you understand implicit bias and make your business or organization more inclusive. Fee: $125.

Register at
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NOTICE OF PETITION TO ADMINISTER ESTATE OF MARTHA JANE LIKINS aka MARTHA J. LIKINS aka MARTHA LIKINS aka MARTHA JANE COPELAND CASE NO. PR160265

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both,
MARTHA JANE LIKINS aka MARTHA J. LIKINS aka MARTHA LIKINS aka MARTHA JANE COPELAND
A PETITION FOR PROBATE has been filed by Petitioner, Virginia Breaux
In the Superior Court of California, County of Humboldt. The petition for probate requests that Virginia Breaux be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on October 6, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Bradford C Floyd
Floyd Law Firm
819 Seventh Street
Eureka, CA 95501
707-445-9754
September 8, 2016
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

9/15, 9/22, 9/29 (16-229)

NOTICE OF PETITION TO ADMINISTER ESTATE OF STEPHEN WINN PLETTA, also known as STEVE PLETTA CASE NO. PR160268

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both,
STEPHEN WINN PLETTA, also known as STEVE PLETTA
A PETITION FOR PROBATE has been filed by Petitioner, DANIEL LEE PINNE
In the Superior Court of California, County of Humboldt. The petition for probate requests that DANIEL LEE PINNE be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on October 6, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Thomas B. Hjerpe, Esq.
Law Offices of Hjerpe & Collins
350 E Street, 1st Floor
Eureka, CA 95501
707-442-7262
September 13, 2016
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

9/22, 9/29, 10/6 (16-233)

Title Order Number: 157539 Loan: Coast Central/Riese File: PFI-160810 A.P.N.: 005-072-011-000 NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 7/23/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

NOTICE is hereby given that Placer Foreclosure, Inc., as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by: Carol Ann Riese Aka Carol A. Riese, A Married Woman As Her Sole And Separate Property Recorded 7/27/2004 as Instrument No. 2004-25206-9 and as modified by Modification and Supplement to Deed of Trust and Partial Reconveyance recorded July 21, 2009 under Recorder's Instrument No. 2009-16536-6 of Official Records in the office of the Recorder of Humboldt County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded 6/2/2016 in Book, Page , as Instrument No. 2016-010085 of said Official Records, WILL SELL on 10/11/2016 On the steps to the front entrance of the County Courthouse, 825 5th Street, Eureka, CA 95501 at 10:30 AM AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State hereinafter described: As more fully described on said Deed of Trust and Modification and Supplement to Deed of Trust and Partial Reconveyance recorded July 21, 2009 under Recorder's Instrument No. 2009-16536-6 The property address and other common designation, if any, of the real property described above is purported to be: 1813 H ST., EUREKA CA 95501
The undersigned Trustee disclaims any liability for any incorrectness of the street address or other common designation, if any, shown herein. Total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: $212,252.18 In addition to cash, the trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal balance of the Note secured by said Deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and the trusts created by said Deed of Trust. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information, If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 888-988-6736 or visit this Internet Web site salestrack.tdsf.com, using the file number assigned to this case PFI-160810. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale.
Dated; 9/7/2016 Placer Foreclosure, Inc., as said Trustee 12190 Herdal Drive, Suite 9 Auburn, California 95603 (530) 888-8411 By: Shannon Winford, Trustee Sale Officer Directions May Be Obtained Pursuant To A Written Request Submitted To The Beneficiary C/O Placer Foreclosure, Inc., 12190 Herdal Dr., Suite 9, Auburn, CA 95603, Within 10 Days Of The First Publication Of This Notice. Placer Foreclosure, Inc. Is A Debt Collector Attempting To Collect A Debt And Any Information Obtained Well Be Used For That Purpose. TAC: 2769 PUB: 9/15/16, 9/22/16, 9/29/16

(16-225)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at public sale by competitive bidding on October 11, 2016, at 11:00 AM, on the premises where said property has been stored and which are located at CUTTEN MINI STORAGE, 2341 Fern Street, Eureka, CA County of Humboldt the following:

#148 Laleini Davis
#201 Joshua Orion
#210 Tom Creson

Items to be sold include, but are not limited to: TV, hnosehold items & furniture, trunks, clothes boxes, bins & bags (contents unknown).

Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 2341 Fern Street, Eureka, CA prior to 10:00 AM on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.

Auctioneer: Cutten Mini Storage (707) 443-2280, Bond #0336443

Dated this September 22, 2016 and September 29, 2016

FICTITIOUS BUSINESS NAME STATEMENT 16-00482

The following person is doing Business as
BEAUTY'S PAIN
Humboldt
512 M St.
Eureka, CA 95501
Felicia Camilli
461 Alder St. Unit A
Eureka, CA 95501

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Felicia Camilli, Owner
This statement was filed with the County Clerk of Humboldt County on August 3, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

9/1, 9/8, 9/15, 9/22 (16-222)

FICTITIOUS BUSINESS NAME STATEMENT 16-00519

The following person is doing Business as
PACIFIC LITERARY ARTS
Humboldt
180 H Street #2
Arcata, CA 95521
Michael G Presky
180 H Street #2
Arcata, CA 95521

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Michael G Presky, Proprietor
This statement was filed with the County Clerk of Humboldt County on August 26, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

9/15, 9/22, 9/29, 10/6 (16-227)

FICTITIOUS BUSINESS NAME STATEMENT 16-00517

The following person is doing Business as
SOUTHERN HUMBOLDT DISTRIBUTION COMPANY LLC dba LHIW Devices
SOUTHERN HUMBOLDT DISTRIBUTION COMPANY LLC dba LHIW Gifts

SOUTHERN HUMBOLDT DISTRIBUTION COMPANY LLC dba LHIW Products

Humboldt
665 Locust Street
Garberville, CA 95542
Southern Humboldt Distribution Company LLC
CA 201524610295
665 Locus Street
Garberville, CA 95542

The business is conducted by A Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Travis Thompson, Manager
This statement was filed with the County Clerk of Humboldt County on August 25, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

9/8, 9/15, 9/22, 9/29 (16-224)

FICTITIOUS BUSINESS NAME STATEMENT 16-00532

The following person is doing Business as
MY B.F.F.
Humboldt
4996 Fieldbrook Rd
McKinleyville, CA 95519
Paula L Sargent
4996 Fieldbrook Rd
McKinleyville, CA 95519

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Paula Sargent, Owner
This statement was filed with the County Clerk of Humboldt County on September 6, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: sc, Deputy Clerk

9/22, 9/29, 10/6, 10/13 (16-232)

FICTITIOUS BUSINESS NAME STATEMENT 16-00493

The following person is doing Business as
NORTH FORK LUMBER COMPANY
Humboldt
1165 Maple Creek Road
Korbel, CA 95550
PO Box 1038
Blue Lake, CA 95525-1038
Parks R Basho
1165 Maple Creek Road
Korbel, CA 95550

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Beverly, Secretary
This statement was filed with the County Clerk of Humboldt County on August 11, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

9/1, 9/8, 9/15, 9/22 (16-221)

FICTITIOUS BUSINESS NAME STATEMENT 16-00549

The following person is doing Business as
REAL PROPERTY MANAGEMENT HUMBOLDT
Humboldt
710 E St. Suite 140
Eureka, CA 95501
PPM Investments, Inc.
CA C1644677
710 E St. Suite 140
Eureka, CA 95501

The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Darus K. Trutna, President
This statement was filed with the County Clerk of Humboldt County on September 16, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: gw, Deputy Clerk

9/22, 9/29, 10/6, 10/13 (16-238)

FICTITIOUS BUSINESS NAME STATEMENT 16-00533

The following person is doing Business as
LA CHAPARRITA MARKET
Humboldt
508 Fortuna Blvd
Fortuna, CA 95540
Ricardo M Garcia-Herrera
3840 Rohnerville Rd
Fortuna, CA 95540

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Ricardo M Garcia-Herrera, Owner
This statement was filed with the County Clerk of Humboldt County on Septermber 6, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk
9/15, 9/22, 9/29, 10/6 (16-228)

PUBLIC NOTICE
PROPERTY TAX DUE

John Bartholomew, Humboldt County Tax Collector, gives notice that regular secured tax bills will be mailed on or about September 23, 2016, to all property owners, at the addresses shown on the tax roll. If you own property in Humboldt County and do not receive a tax bill by October 15, contact the Tax Collector's office, 825 Fifth Street, Room 125, Eureka, Ca. 95501 or call (707) 441-3020. Failure to receive a tax bill does not relieve the taxpayer of the responsibility to make timely payments.

The FIRST INSTALLMENT of 2016-17 taxes are due and payable on November 1, 2016, and will become delinquent if not paid by 5:00 p.m. on December 12, 2016; thereafter a 10% penalty will be added, plus any applicable fees.

The SECOND INSTALLMENT will be due on February 1, 2017 and, if not paid by 5:00 p.m. on April 10, 2017, a 10% penalty and $20 cost charge will be added, plus any applicable fees.

BOTH INSTALLMENTS MAY BE PAID when the first installment is due.

SUPPLEMENTAL TAX BILLS are an additional tax liability due to a reassessment of your property value and are due on the date the bill is mailed to you. Please check the supplemental tax bill delinquent dates to be sure to pay the taxes in a timely manner to avoid penalties & costs.

Payments may be made by mail and made payable to the Humboldt County Tax Collector (or HCTC), 825 Fifth Street, Room 125, Eureka, Ca. 95501 and must be U. S. Post Office POSTMARKED BY THE DELINQUENT DATE to avoid late penalties. Payments may also be made in person at the County Tax Collector's office, 825 Fifth Street, Room 125, Eureka, Ca. 95501, between the hours of 8:30 a.m. and Noon, and 1 p.m. and 5 p.m., Monday through Friday, holidays excepted. Please visit our website if you'd like additional information or to pay online.

John Bartholomew
Humboldt County Tax Collector
Date: 9/16/2016

Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Ricardo M Garcia-Herrera, Owner
This statement was filed with the County Clerk of Humboldt County on Septermber 6, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk
9/15, 9/22, 9/29, 10/6 (16-228)

LEGALS?
classified@northcoastjournal.com
442-1400 ×305

FICTITIOUS BUSINESS NAME STATEMENT 16-00540

The following person is doing Business as **CLEAR-SIGHTED INSPECTIONS**
Humboldt,
1716 Van Eaton Ave
McKinleyville, CA 95519
PO Box 936
Arcata, CA 95518
Mark W Friedrich
1716 Van Eaton Ave
McKinleyville, CA 95519

The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars ($1,000).
/s Mark W Friedrich, Owner
This statement was filed with the County Clerk of Humboldt County on
September 9, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: sc, Deputy Clerk

9/22, 9/29, 10/6, 10/13 (16-234)

NOTICE OF TRUSTEE'S SALE
ATTENTION RECORDER: THE FOLLOWING REFERENCE TO AN ATTACHED SUMMARY IS APPLICABLE TO THE NOTICE PROVIDED TO THE TRUSTOR ONLY]
NOTE: THERE IS A SUMMARY OF THE INFORMATION IN THIS DOCUMENT ATTACHED

注：本文件包含一个信息摘要
참고사항: 본 첨부 문서에 정보 요약서가 있습니다
NOTA: SE ADJUNTA UN RESUMEN DE LA INFORMACIÓN DE ESTE DOCUMENTO
TALA: MAYROONG BUOD NG IMPORMASYON SA DOKUMENTONG ITO NA NAKALAKIP
LƯU Ý: KÈM THEO ĐÂY LÀ BẢN TRÌNH BÀY TÓM LƯỢC VỀ THÔNG TIN TRONG TÀI LIỆU NÀY

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED June 1, 2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE, IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

NOTICE IS HEREBY GIVEN that on October 13,2016, at the hour of 10:30 a.m., on the steps to the front entrance of the Humboldt County Courthouse, located at 825 5th Street, City of Eureka, County of Humboldt, State of California, PRIME PACIFIC, a corporation, as Trustee will sell at public auction, to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 51 02 of the Financial Code and authorized to do business in this state, all payable at the time of sale, real property situated in the County of Humboldt, State of California, and the purported address is 12100 Buck Mountain Road, Dinsmore, CA 95526 (APN: 210-141-007), and is more particularly described in the Deed of Trust referenced below. Directions may be obtained pursuant to a written request submitted to the beneficiary: Wendy

Anne Fetzer, c/o Selzer Home Loans, 551 S. Orchard Avenue, Ukiah, CA 95482, telephone: (707) 462-4000 or by contacting the Trustee, Prime Pacific at (707) 468-5300 or mailing request to Prime Pacific, P.O. Box 177, Ukiah, CA 95482- within 10 days from the first publication of this notice.

If a street address or common designation of property is shown in this notice, no warranty is given as to its completeness or correctness. The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein.

The total amount of the unpaid obligation, together with reasonable estimate of the costs, expenses and advances at the time of the initial publication of this notice is $76,956.56. It is possible that at the time of sale the opening bid may be less than the total indebtedness due.

The sale will be made without covenant or warranty of title, possession, or encumbrances to satisfy the obligation secured by and pursuant to the power of the sale conferred in that certain Deed of Trust, all advances thereunder, interest provided therein, and fees, charges and expenses of the trustee. The Deed of Trust was executed by Joshua J. Owejan, a single man, as the original Trustor, recorded June 10, 2004, in Document No. 2004-19323-6, Official Records of Humboldt County, and said property will be sold "as is" and no warranty or representation is made concerning its present condition.

Notice of Default and election to sell the described real property under the mentioned deed of trust was recorded on May 12, 2016, Document No. 2016-008674, Official Records of Humboldt County.

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice may be postponed one or more times by the mortgagee, beneficiary, trustee or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call PRIME PACIFIC at (707) 468-5300. You may also visit our website–primepacificforeclosures.com. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the website. **THE BEST WAY TO VERIFY POSTPONEMENT INFORMATION IS TO ATTEND THE SCHEDULED SALE.**

The mortgagee or beneficiary is not required to give notice under CA Civil Code Section 2923.5.

Dated: September 19, 2016

PRIME PACIFIC, a California corporation
–Trustee
By: JANE H. LEONARD, President

No. OWEJAN S-16-02F

NCJ FOOTBALL
PRO PICK'EM
2016

BROUGHT TO YOU BY OUR VIP PICKERS:

NEW TREND WIRELESS
1/32pts

Kathleen Bryson Attorney
22/32pts

J&J Company Hair Designers 725-6866
18/32pts

Southern Humboldt Chamber of Commerce
19/32pts

Nilsen Co. 1896
21/32pts

AA Bar & Grill Eureka, CA
19/32pts

Delta
19/32pts

Fortuna Grocery Outlet Bargain Market
22/32pts

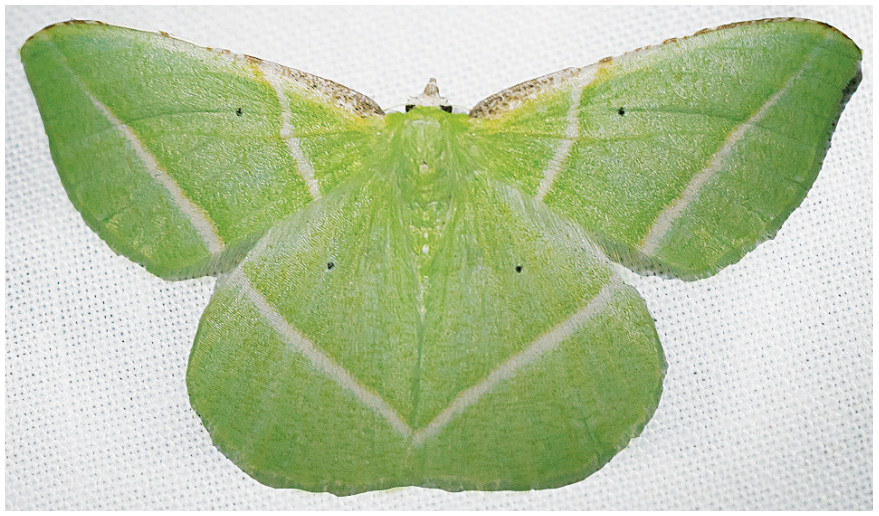
Northwood
19/32pts

McKinleyville Chevrolet | Buick
16/32pts

WEEK #2 WINNER:
fgo1085: 13/16pts

Pro Pick'em Top 5 Leaders
NORMANS: 24/32pts
LBERRY: 23/32pts
DJANSEN: 23/32pts
JAKE: 23/32pts
DEANNAG: 23/32pts

PLAY TO WIN!
NORTHCOASTJOURNAL.COM/FOOTBALL



The aptly named pale beauty. *Photo by Anthony Westkamper*

Black Light Party

By Anthony Westkamper
humbug@northcoastjournal.com

Like Moths to a Black Light

Last week I set up a light trap in my backyard with only limited success. Then I tried it with black compact fluorescent lights rather than Coleman lanterns. The old gas lanterns give off a great deal of heat and frequencies in the lower end of the spectrum but not much in the high end.

In his research, Karl Von Frisch noted that bees couldn't discern between red (low frequency) light and black paper, while they can see farther into the ultraviolet than we can. It is not much of a stretch to figure that other species might be more attracted to higher energy light. I substituted three black light CFLs for the lanterns. It made a significant difference.

Where I had seen about three to five insects attracted to the lanterns each night, now I attracted 30 or more from several different orders, not to mention species. For example, in the past I've posted photos of caddisfly larvae, but had no adult forms to include. Several came to my lights last night. The green "pale beauty" (*Campaea perlata*) and its tan cousin the omnivorous looper (*Subulodes aegrotata*) have put in appearances.

Still, I remember many more insects that came to the Coleman lanterns when I was a kid. Sadly, back then I did not have any black lights. I will probably be running these lights every night until the weather gets too wet. I am still hoping for a giant waterbug, giant cranefly or a ceanothus moth.

Uninvited Guests

The black lights of my "light trap" don't make for a regular trap; the insects are free to come and go as they please. That's the trick, though — the lights are irresistible.

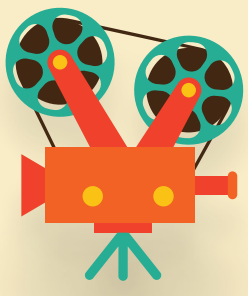
Moths, of course, come by the dozens, but there are others. An opportunistic praying mantis seeks an easy dinner. A burying beetle shows up and a really big California prionus (*Prionus californicus*). And this time of year, the termites.

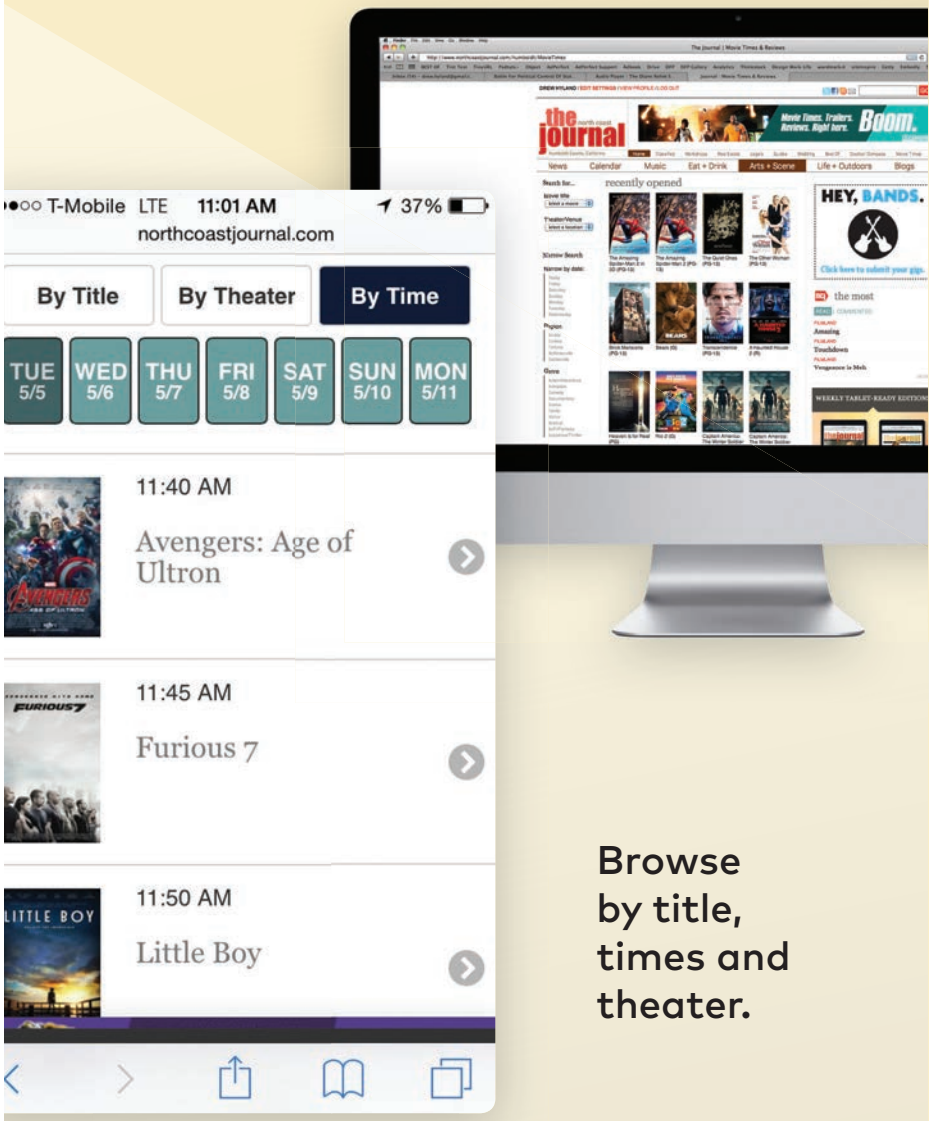
These are the flying reproductives on their nuptial flight. Their script, dictated by millions of years of evolution is this: Leave the nest, fly, drop to the ground, meet up, shed wings and seek a crevice in the ground to found a new dynasty. But they are drawn like sailors to a siren's song, although it's not the lights that will kill them, but the bats.

In flight, the termites are clumsy, fluttering creatures, unlike the swift, agile, mammalian hunters, who have learned over the last few weeks that the place where I set up my trap is a target-rich environment. So, early in the evening, the termites come, followed all too swiftly by the little brown bats and maybe others. It is a slaughter. By the time the "flutter mice" leave, there might be one or two termites that aren't flying, but hugging the fabric.

If you're quick, you might get a glimpse of the hunter. Photographing them is a different matter altogether. They are so small and quick, my best camera can't pick them up, autofocus, adjust light levels, initiate exposure and initiate flash before they're gone. Yet they aren't big enough to trigger my game camera. So I set the focus to manual, pick a likely spot and wait. I rarely guess right, and my reflexes are seldom good enough to get a shot. Usually what I get is a dark photo of the forest around me but, once in a rare while, I get it right. And that makes me grin in the darkness. ●

MOVIE TIMES. TRAILERS. REVIEWS.

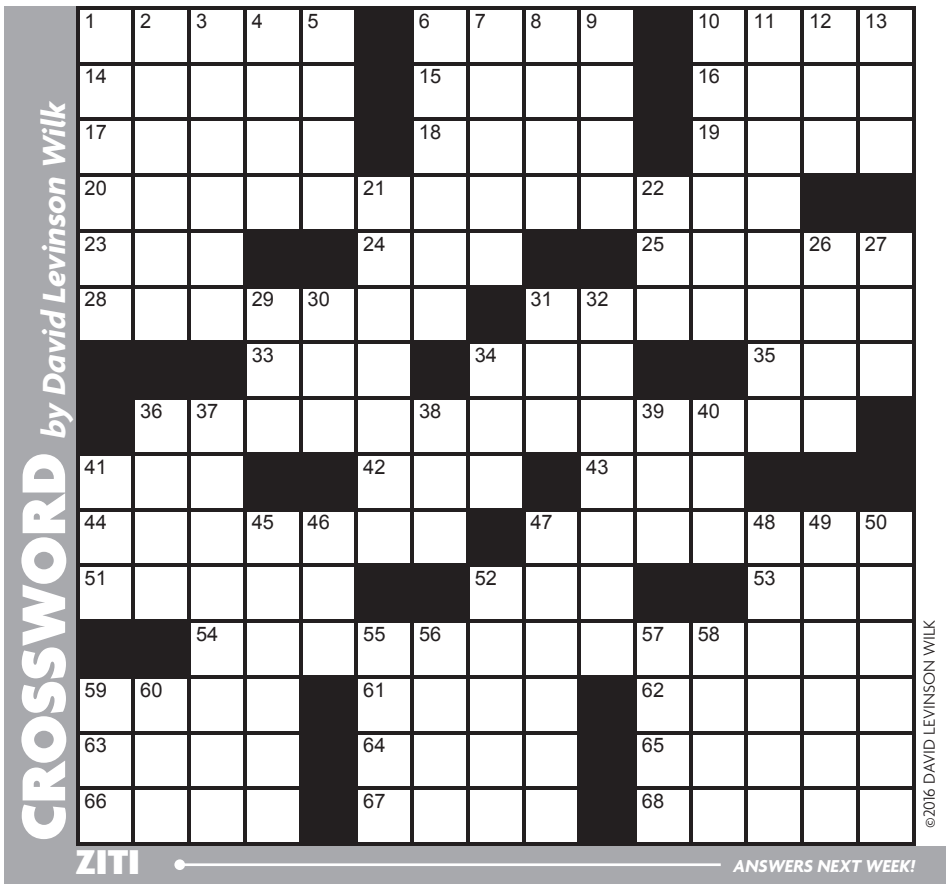




Browse by title, times and theater.

northcoastjournal.com

CROSSWORD by David Levinson Wilk



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ZITI — ANSWERS NEXT WEEK!

ACROSS

1. Fluctuates wildly
6. Kind of pasta ... or a phonetic hint to 20-, 36- and 54-Across
10. Have a silent role?
14. Firing ____ cylinders
15. Feds who caught Capone
16. Does in
17. "If I ____ betting man ..."
18. Certain tablet
19. Suddenly lose patience
20. "No second chances" policy
23. Previously
24. First Amendment subj.
25. Yale students since 1969
28. "The War of the Worlds" author
31. Edward who went into self-imposed exile in 2013
33. Spell-off
34. Rap's ____ Rida
35. ____ Paese cheese
36. Shade source preferred by cabinetmakers for its stripes
41. Actress Lucy
42. Quash
43. Egg cells
44. Oscar role for Tom
47. Stuck-up sort?
51. Stuck-up sort
52. What may be caught with bare hands?
53. Like some angsty teens
54. The last Whig to be elected U.S. president
59. Fusses
61. "The jig ____!"
62. Director of "The Good, the Bad, and the Ugly"
63. Fellow
64. Home of Galileo Galilei Airport
65. Caravan stop
66. Lambs' mothers
67. Humorist Mort who wrote jokes for Kennedy
68. Travis who sang "T-R-O-U-B-L-E"

DOWN

1. "Holy moly!"
2. Brownie mix add-in, often
3. Peter of Peter, Paul and Mary
4. Food item in quarter-pound sticks
5. Venetian blind section
6. Scrabble 10-pointers
7. Urge forward
8. Spree
9. "____ Club" (2003 50 Cent hit)
10. Pushkin Museum
11. Should the situation call for it
12. Musician's deg.
13. Mind-reading skill, for short
21. New ____
22. Sgt. or cpl.
26. ____-Lite (band with the 1990 hit "Groove Is in the Heart")
27. Home of "Weekend Update," in brief
29. Decline
30. The Once-____("The Lorax" character)
31. ____-pitch softball
32. "Definitely!"
34. Henhouse menace
36. Utah national park
37. Multicountry union using the same currency
38. Jon Stewart display
39. Some Sharp and Sony products
40. Cheerleader's cheer
41. Baseball positions: Abbr.
45. Some tributes
46. And so on: Abbr.
47. One way to complete an online purchase
48. She said "Today we have broken the marble ceiling" when becoming House Speaker in 2007
49. "Good as done"
50. What the weary get, in a saying
52. Beat overwhelmingly
55. Hula dancers shake them
56. Home to billions
57. Plenty
58. Fiscal ____
59. Digital ____
60. Morning moisture

LAST WEEK'S ANSWERS TO WIN WIN

A	S	S		H	E	I	G	L			E	E	L	S
G	A	H		A	N	N	A	L		J	U	N	O	T
A	M	O		D	E	N	T	E		W	R	I	T	E
S	O	W	F	A	R	S	O	W	G	O	O	D		
P	A	T	E					Y	O	W				
	N	O	W	P	A	I	N	N	O	W	G	A	I	N
				E	Y	R	E				E	L	M	O
W	I	N	W	I	N	S	I	T	U	A	T	I	O	N
A	R	E	A				G	I	V	E				
H	E	A	R	Y	E	W	H	E	A	R	Y	E	W	
				A	G	O					E	R	O	S
		I	M	W	O	K	Y	O	U	R	E	W	O	K
M	A	N	U	P		E	A	R	T	O		I	D	I
A	S	I	C	S		U	L	E	E	S		N	E	D
T	U	S	K			P	L	O	P	S		S	D	S

su|do|ku

© Puzzles by Pappocom

HARD #67

www.sudoku.com

8	3	6	7					9
					2		1	
1								
		8		2				4
	4		6		3		2	
2				1		6		
								5
	8		9					
5					6	3	9	2

Opportunities

AMERICAN STAR PRIVATE SECURITY
Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262.

AIRLINE CAREERS BEGIN HERE – Get started by training as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 800-725-1563 (AAN CAN)

INTERVIEWING FOR LICENSED AGENT:
Competitive compensation, benefits, 3 yrs experience preferred w/retail multiline agency.
Email : judy@jdinsurance.com, text: 707-496-7399

THE JOURNAL IS A SEEKING TALENTED, PART-TIME GRAPHIC ARTIST to join our winning team for print, web and mobile platforms. Must know Adobe CS. Apply by sending resume and portfolio to holly@northcoastjournal.com.

United Indian Health Services, Inc.
Application deadline: Oct. 1, 2016

EMPLOYMENT OPPORTUNITIES – HUMBOLDT

Optometrist
Arcata – Full Time

Optometry Assistant
Arcata – Full Time

Nurse Supervisor
Arcata – Full Time

Clinical Nurse/RN (s)
Arcata – Full and Part Time positions

Medical Assistant (s)
Arcata – Full Time/Part Time

Health Information (Records) Supervisor
Arcata – Full Time

Garden Technician
Arcata – Part Time

Night Housekeeper
Arcata – Full Time

EMPLOYMENT OPPORTUNITIES – DEL NORTE

Medical Provider – MD/DO or FNP/PA
Crescent City – Part/ Full Time

Registered Dental Assistant
Crescent City – Full Time

Physical Activity Specialist
Crescent City – Full Time

Behavioral Health Counselor – School Based
Del Norte – Full

Clinical Nurse/RN (s)
Del Norte Clinics – Full and Part Time positions

Garden Technician
Del Norte – Part Time

Maintenance Technician
Del Norte – Full Time

Job description & salary range posted on website. Employment application available online at **www.uihs.org**. Email application, cover letter and resume to **UIHS-Recruiting@crihb.org**

Serving the Native American Community since 1970. In accordance with PL 93-638 American Indian Preference shall be given.



HUMBOLDT STATE UNIVERSITY
— A California State University

Linux Systems Administrator (Job #16-84)
F/T position in Information Technology Services. Review: 10/6/16. For more info visit: **http://apptrkr.com/878042** or call 707-826-3626. HSU is an ADA/Title IX/EOE

Southern Humboldt Community Healthcare District
733 Cedar Street
Garberville, CA 95542
(707) 923-3921

Jerold Phelps Community Hospital & Southern Humboldt Community Clinic

Positions Available for Qualified & Motivated Applicants

CLINICAL LAB SCIENTIST / LAB MANAGER
Full Time Position. California Clinical Laboratory Scientist. Chemistry, hematology, UA, coagulation and blood bank experience required. Includes shared call.

DIRECTOR OF NURSING — SKILLED NURSING FACILITY
This position is perfect for a registered nurse that is passionate about making a difference in the lives of others and enjoys working as a team. Full Time position. Over sees the staff and daily functions of an 8-bed Skilled Nursing Facility. Position reports directly to the Chief Nursing Officer. BSN required, previous management experience required. Must be familiar with Title 22 and skilled nursing regulations. This position would be a great fit for an experienced Director looking for a positive career change.

REGISTERED NURSE
Full Time, Part Time, or Per Diem Position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access emergency room.

LICENSED VOCATIONAL NURSE
Full Time position. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility.

CERTIFIED NURSE ASSISTANT
Full Time, Part Time, or Per Diem Position. Direct Patient Care, activities with the residents/ patients. Must possess CNA Certificate and CPR Certification.

MEDICAL ASSISTANT
Full Time Position. Must possess CMA Certificate, experience preferred but willing to train the right candidate; BLS certification required.

CASE MANAGER
Full Time position. 8-hour shifts. Provide assessment, planning, and coordination of options and services to meet a patient's medical care needs. Assist in patient care by providing clinical information to payers, monitor length of stay, seek necessary care authorizations, and appeal medical decisions. Current RN or CSW license required. Minimum 3 years case management, or related field, experience preferred.

COOK
Part Time Position. Required to cook and follow a planned menu. General cleaning of the dietary department. No license or certification required.

SHCHD minimum wage starts at $15 an hour with an exceptional benefits package; including an employee discount program for services offered at SHCHD.

Interested applicants are encouraged to visit and apply online at **www.shchd.org** or in person, 733 Cedar St, Garberville (707)923-3921.

Come join our fun and exciting team!

NORCAL PTAC
Procurement Technical Assistance Center

NORCAL PTAC PROGRAM MANAGER Location: Arcata, CA
Position Type: Full Time, Exempt
Salary: $60,000 - $75,000 DOE Application Deadline: October 1, 2016 or Until Filled
The Norcal PTAC seeks an experienced business development professional with knowledge of government contracting. Responsibilities include assisting businesses with government contracting, supervising PTAC advisors & administrative staff, preparing the funding proposal & budget for submission to the granting agency, & managing the program to achieve required goals. For complete job description & application instructions
Visit:http://www2.humboldt.edu/hsuhr/vacancies.html

changing tides family services

Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full and part-time time openings. Take a look at the job descriptions on our website at **www.changingtidesfs.org.**

PROFESSIONAL DEVELOPMENT SPECIALIST
This full-time position plans, develops and delivers trainings to improve knowledge, skills and practices of early education professionals; recruits and provides training/ technical assistance to individuals in order to enter and/or stay in the child care field.

Requires degree in Early Childhood Education (ECE) or related field or degree with at least 24 units of ECE or Child Development; experience with direct service in a child care facility. Starts at $17.23/hour. **Open until filled.**

Additional requirements for position listed above: Must be able to pass DOJ/FBI criminal history fingerprint clearance and possess a valid CDL, current automobile insurance, and a vehicle for work.

BILINGUAL CHILD CARE CASE MANAGER/ CHILD CARE CASE MANAGER
This full-time position interviews applicants to determine eligibility for subsidized child care programs and maintains a caseload of clients. Course work in social services or related field and experience which has involved the explanation of rules and regulations to the public desired.

Bilingual Child Care Case Manager requires ability to speak, read, and write in accurate, fluent Spanish. Child Care Case Manager starts $14.11/hour; Bilingual Child Care Case Manager starts $14.83/hour. Must possess a valid CDL and current insurance, and a vehicle for work use. Must pass a criminal record background check. Closes **Monday, October 3rd at 5:00 p.m.** EOE

Benefits: paid vacation/sick leave, holidays and paid insurance.

Application and job description available at **www.changingtidesfs.org** or by calling (707) 444-8293. Please submit letter of interest, resume, and application by email to nprato@changingitdesfs.org or U.S. mail to Nanda Prato, 2259 Myrtle Avenue, Eureka, CA 95501.

open door
Community Health Centers

INTEGRATED BEHAVIORAL HEALTH SPECIALIST

To work as part of a primary health care team to identify assess and manage patients with chronic medical and behavioral health needs. Provide short-term support, and engage patients with longer-term community practices. This position will be at the Eureka Community Health and Wellness Center. LMFT, LCSW or Licensed Clinical Psychologist and one year clinical practice required. Wage dependent on credentials and experience.

opendoorhealth.com
for more information and application.

County of Humboldt

ADMINISTRATIVE SECRETARY (EXTRA-HELP)

$15.88–$20.38 Hourly

The current vacancy is with the IT Division of the County Administrative Office working approximately 17 to 20 hours per week. Under general supervision, provides varied secretarial and office administrative assistance to a division manager or head of a smaller department and related supervisory and professional staff; provides work direction and review to office support staff; performs related work as assigned. Microsoft Excel or Microsoft Office experience a plus.

Deadline to apply is October 3, 2016. Pick-up applications between 1pm – 5pm daily at the Information Technology Division at 839 4th Street, Eureka, CA. 95501 AA/EOE

open door
Community Health Centers

NOW SEEKING - TRIAGE REGISTERED NURSE

To serve a key role in the Open Door Health care team in the clinical setting. Strong clinical judgment needed. This position provides triage, for phone and walk-in patients. The RN will be in one-on-one situations where they will be expected to assess needs, explain procedures and treatments to patients not only for comprehension but also to alleviate any apprehensions. California RN license required; prior experience in a clinic setting preferred. Wage dependent on experience; $32/hour minimum starting.

opendoorhealth.com
for more information and application.

CRESTWOOD

LOOKING FOR A MEANINGFUL JOB IN YOUR COMMUNITY?
To start a career where you feel good about helping out others? We are looking for On-Call team members to supplement our programs, a great opportunity to get your foot in the door with our caring and compassionate company. We are looking for on-call LVN/LPTs, Service Coordinators, Rehab Assistants, Cooks, and Housekeepers.
Apply in person at
Crestwood Behavioral Health Center
2370 Buhne Street, Eureka
707-442-5721

Director Health and Human Services

provides direct services and refers families to supportive services including but not limited to: Health and wellness, housing assistance, child care, job training, TANF, education services, substance abuse services, Indian Child Welfare and parenting support. The Director writes grants, monitors and executes contracts, and completes related reports.

Job description and application available at Wiyot Tribe, 1000 Wiyot Dr., Loleta, CA 95551
(707) 733-5055 • www.wiyot.us

Employment application can be found at www.wiyot.us

Administrative Assistant

Serves as administrative support for the Tribal Administrator and Tribal Council. Prepares agendas, and minutes. Coordinates events. Tickets and prioritize technical issues. Prepares and distributes a monthly newsletter. Maintains website and social media.

Job description and application available at Wiyot Tribe, 1000 Wiyot Dr., Loleta, CA 95551
(707) 733-5055 • www.wiyot.us

Employment application can be found at www.wiyot.us

YUROK TRIBE JOB OPENINGS

For information www.yuroktribe.org, hr@yuroktribe.nsn.us or 707-482-1350

#0808 SOCIAL WORKER
RG/FT KLAMATH $23.42-33.53 OUF

#0811 CHILD CARE AIDE
RG/FT EUREKA $12.63-18.44 OUF

#0820 GUIDANCE TECHNICIAN
RG/PT EUREKA & WEITCHPEC $12.31-20.09 OUF

#0821 JOM TUTOR
RG/PT EUREKA/KLAMATH/WEITCHPEC $12.31-20.09 OUF

#0823 SECURITY CONTROL OPERATOR
RG/FT WEITCHPEC $12.31-16.00 9/23/16

#0828 MAINTENANCE WORKER I
RG/FT KLAMATH $12.31-16.00 OUF

#0831 PLANNER II OR III (TRANSPORTATION)
RG/FT WEITCHPEC $15.45-27.56 OUF

#0832 LANGUAGE SPECIALIST IV
RG/FT KLAMATH $19.15-24.88 9/23/16

#0833 ADMINISTRATIVE ASSISTANT-LANGUAGE
RG/FT KLAMATH $17.23-22.3 9/23/16

#0834 LANGUAGE PROGRAM COORDINATOR
RG/FT KLAMATH $44,249-57,519 9/23/16

#0835 WILDLAND FIRE/FUELS COORDINATOR
RG/FT WEITCHPEC $53,820-76,867 9/30/16

CITY of EUREKA

MAINTENANCE WORKER I/ II - STREETS DIVISION

CITY OF EUREKA
I - $2,323 - $2,967PER MONTH
II - $2,562 - $3,272 PER MONTH
PLUS EXCELLENT BENEFITS

This position performs a variety of semi-skilled labor in the construction, maintenance and repair of City infrastructures. This recruitment will be used to fill current and future vacancies in the Streets Division.

Desirable qualifications include a combination of education equivalent to graduation from high school, and at least 1 year of experience related to area of assignment. For a full job description and to apply please visit our website at www.ci.eureka.ca.gov.

Applications will be accepted until 5:00 p.m. on Friday, September 30th, 2016. EOE

HOSPICE OF HUMBOLDT

Join the Hospice of Humboldt team!

Our staff work in a great environment and enjoy outstanding benefits, competitive wages and professional growth opportunities.

We currently have openings for:

Hospice RNs (full-time, part time and per diem)

Medical Social Workers (full-time and per diem)

Grief Support Counselors (full-time and part time)

IT Support Specialist (part time)

RN - Clinical Manager*

Director of Nursing*

Hospice Physician*

***Sign-on bonus/relocation package offered!**

Visit www.hospiceofhumboldt.org
or call 707-445-8443 for more information.

Share your *heart*, Share your *home*. *Become a mentor today.*

Do you have an interest in helping others? Would you like the freedom to work from home?

California MENTOR is looking for caring people with a spare bedroom to support an adult with special needs.

California Mentor matches adults with disabilities with people like you, in a place they can call home. Receive a generous monthly stipend and ongoing support.

California MENTOR Family Home Agency

317 3rd Street, Suite 4
Eureka, CA 95501

For more information call Sharon at 442-4500 ext 16 or visit www.mentorswanted.com.

Redwood Coast Regional Center

Be a part of a great team!

Service Coordinator (Case Mgr)

FT in Eureka, CA. Advocating & coord. services for children over age 3 w/intellectual & dev disabilities & Autism. Requires MA or BA w/exp in human services or related field. Salary range starts at $3164/mo . Exc. bene.

Visit **www.redwoodcoastrc.org** for more info & required docs. **Closes 10/3/16 at 5PM.** EOE

Wild Rivers
COMMUNITY FOUNDATION

Wild Rivers Community Foundation is now accepting applications for a

Building Healthy Communities Program Manager – Youth Initiative.

This is an exempt grant-funded, full time (40 hours/week) position based in Crescent City, CA. Compensation is $46,000-$52,000, DOE and includes health and retirement benefits.

This position is responsible for advancing Building Healthy Communities, a place-based initiative supported by a grant from The California Endowment directed at improving the health and well-being of Del Norte and the Adjacent Tribal Lands through systems and policy change driven by residents and collaborative partnerships; and the Aspen Opportunity Youth Initiative, a collective impact effort that brings cross-sector stakeholders together to improve education and employment outcomes for disconnected opportunity youth.

The ideal candidate will have passion for fostering stronger and more diverse relationships between community members, organizations and governments, public engagement in decision-making and seeking community-led solutions to social equity issues; knowledge of and capacity to work competently with diverse, rural communities; have exceptional interpersonal and relational skills, strong writing, facilitation and public speaking skills and experience; demonstrated skills in creative thinking, community leadership development, and organizational strategic planning; be self-directed, highly motivated and able to provide positive, effective leadership in an unstructured & multi-tasking environment; and have experience with nonprofit boards and staff, initiative/project strategy, design, fund-seeking, budget management and implementation.

For the complete job description and application procedures please visit our website at www.wildriverscf.org or for more information, contact Michelle Carrillo at (707) 465-1238.

Please submit your resume, cover letter, and writing sample to admin@hafoundation.org

Deadline: October 5, 2016

Humboldt County Office of Education

Anticipated Openings for School Bus Drivers



Entry level or experienced–all you need is the DRIVE to succeed! Part-Time, full-time, and substitute positions. Competitive wages & benefits, PERS retirement for all regular positions. FREE training available for CLASS B license and School Bus Driver Certification.

Qualifications: Must be 18 years of age or older. Drivers are subject to a medical evaluation, including drug testing.

Apply at HCOE or online at **www.humboldt.k12.ca.us**

Reply to: Personnel, HCOE, 901 Myrtle Ave., Eureka, CA 95501.

Humboldt County Office of Education

Sequoia Conference Center Assistant Manager

$46,377 - $63,073, DOE + PERS and H&W, Full-time/ Permanent. 40 Hrs./Wk.; variable schedule, some evenings & weekends.

Come join our team to manage the activities of this facility including conferences,workshops, conventions and other public and private events. If you are energetic, organized, responsible, have an eye for detail, fiscal accounting, and large scale event planning, please request a full job description and apply now.

Skilled in multimedia technology, including social media, highly desirable.

Job description & application available at **www.hcoe.org**

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@HCOE.org or call (707) 445-7039. **Closes: 9/28/16, 4 pm.**

REAL PROPERTY MANAGEMENT HUMBOLDT

PPM Professional Consolidated Property Management

Landscaping position available now at a growing property management office

Includes a full schedule of landscaping, yard work, mowing, and trimming. Keep Humboldt beautiful!

Must be able to lift 50 lbs, use ladder safely, operate and maintain gardening equipment.

All supplies & equipment provided.

Must have pick-up truck or van, but mileage is fully reimbursed. Current driver's license, insurance, and background check required

FT 8:00 – 4:30 Monday – Friday
$12.00/hour + benefits
Call (707) 444-3835 ext. 123 or e-mail brittany@ppmrentals.com for more information and an application



Hiring?

Post your job opportunities in the *Journal*.

442-1400 ×305
northcoastjournal.com



HUMBOLDT STATE UNIVERSITY
A California State University

Desktop Technical Support Specialist (Job #16-82)

F/T position in Information Technology Services. Review: 10/6/16. For more info visit: **http://apptrkr.com/878073** or call 707-826-3626. HSU is an ADA/Title IX/EOE

changing tides family services

Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full- and part-time time openings. Take a look at the job descriptions on our website at **www.changingtidesfs.org**.

RESPITE WORKER

This intermittent position serves as a personal attendant to provide care and supervision of children or adults who have developmental disabilities, including but not limited to: autism, intellectual disability, cerebral palsy, and epilepsy. Performs work in family residences or, as approved, in community settings. Starts at $12.26/hour plus mileage reimbursement.

RESPITE SPECIALIST

This intermittent position serves as a personal attendant to provide care and supervision of children or adults who have developmental disabilities, including but not limited to: autism, intellectual disability, cerebral palsy, and epilepsy and who also engage in challenging behaviors. Performs work in family residences or, as approved, in community settings. Starts at $14.25/hour plus mileage reimbursement.

SKILLS SPECIALIST

This intermittent position provides behavioral and support services to children and adults who have developmental disabilities; uses intervention strategies that reflect evidence based practices to increase developmentally appropriate skills as overseen by a behavioral consultant; as assigned, performs personal attendant duties; performs related work as assigned. Work is generally performed within the focus individual's residence or (as approved) in community settings. Starts at $14.25/hour plus mileage reimbursement.

Applications accepted on on-going basis for the Respite Worker, Respite Specialist, and Skills Specialist positions. Provides care and supervision of children and adults with developmental disabilities. Must be able to pass a criminal record background check.

For all positions listed above, submit a letter of interest, resume, and completed job application to Nanda Prato, Human Resource Director, 2259 Myrtle Ave., Eureka, CA 95501 or **nprato@changingtidesfs.org**

COLLEGE OF THE REDWOODS

PRESIDENT/SUPERINTENDENT

Full-time
Annual Salary Range: Independently Determined
Closing Date: November 30, 2016
For more information:
http://www.redwoods.edu/hr

PART-TIME FACULTY POSITIONS

EUREKA CAMPUS

Agriculture - Landscape
Astronomy
Biology
Communications (Speech)
Computer Information Systems
Counselor – Disabled Students Programs
Dental Assisting
Librarian
Mathematics
Nursing – Clinical
Sign Language
Welding

DEL NORTE

Art
Biological Sciences
Business
Communication Studies
English
Mathematics
Sign Language
Sociology

KLAMATH-TRINITY (HOOPA)

Business Technology
Communication Studies
English
Psychology
Sociology

TEMPORARY DENTIST

Work in Dental Assisting Lab, $72.00/hour
For more information contact Hillary-reed@redwoods.edu

More information about the positions Is available through our website.
www.redwoods.edu/humanresources

College of the Redwoods
707-476-4140 • hr@redwoods.edu
College of the Redwoods is an EO Employer

Mad River Community Hospital

Come join Mad River Community Hospital and enjoy the satisfaction of working with a team.

Yes, you can be happy at work…here. If you have to work, why not do so with some of the best in the business. We are looking to hire **Registered Nurses, Physical Therapist** and other positions.

Look on our web site for openings:
www.madriverhospital.com

SPS
CARDINAL SERVICES INC., DBA
SEQUOIA PERSONNEL SERVICES

sequoiapersonnel.com
2930 E St., Eureka, CA 95501
(707) 445.9641

Lease Administrator • General Laborers Line/Prep Cook • Painter Geotech Engineer • Civil Engineer-Wastewater • Equipment Mechanic Construction Design/Estimator • Forester Marketing/Front Office Mgr • Accounts Receivable/Admin.Asst. • Operations Manager • CPA • GIS/Cad Technician Pest Control Technician • Medical Assistant • Caregivers • Carpenter Professional Land Surveyor

Northcoast Children's Services

****Annual JOB POOL****

ASSISTANT TEACHERS
EUREKA, FORTUNA

Assist center staff in day-to-day operation of the classroom for a preschool program (implementing & supervising activities). Prefer a min. of 6 ECE units & 6 months exp working w/ young children (12 units of ECE core classes pref.). Two **P/T** positions open. Fta 20-25hrs/wk Eureka 8-10hrs/wk $10.07-$11.11/hr.

COOKS
MCKINLEYVILLE & BLUE LAKE

Cook positions open at the McKinleyville ctr & Blue Lake ctr. Duties include prep meals for toddler & preschool age children in a childcare ctr. Req.exp in food service & volume meal prep. Pref. candidate have training or education in nutrition, menu planning, kitchen safety, sanitation & CACFP (CA Child Care Food Program). Mck **P/T** (yr round & school yr) 32 hrs/wk $11.16/hr. Blue Lk 24-28hrs/wk $10.07/hr

ASSOCIATE TEACHER
MCKINLEYVILLE EHS

Positions are **Open Until Filled** and include vacation, holidays & sick leave benefits.

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521
For application, job descriptions & more info, visit **www.ncsheadstart.org** or call **707-822-7206.**

CITY OF FORTUNA

POLICE OFFICER

$40,502 – 49,210 /YR
(INCENTIVES AVAILABLE)

Law enforcement, crime prevention, traffic control, and crime investigation activities; specialized law enforcement assignments; community outreach. Must be 21 years of age at time of hire. Graduation from, or current enrollment in, POST Academy required at time of application. Excellent benefits. Requires valid CDL.

Complete job description and required application available at friendlyfortuna.com or City of Fortuna, 621 11th Street, Fortuna, CA 95540, (707) 725-7600.

Applications deadline is 4:00 pm on
Friday, September 30, 2016

EMPLOYMENT OPPORTUNITY

Part-time group fitness instructors, personal trainers, specialized classes

Bear River Recreation Center is opening soon and we are looking for independent contractors to teach a variety of classes including, boot camp, aerobics, Zumba, yoga, ab class, and strength training.

Each class is 60 minutes. Please send resume, website, videos, headshot, or anything you feel best exemplifies you and times your available. Please indicate which classes and types of training you're interested in. Submit information to Human Resources, if you have any questions call 707-733-1900.

The center includes a fitness room, strength training areas, cardio equipment rooms, locker rooms, dry sauna and a 9800 sq. ft. gymnasium. Looking to start programs at the end of September first of October.

Tribal preference given per the Indian Self-determination and Education Assistance Act (25 U.S.C Section 450 e(B)). For an application and more information please go to www.bearrivercasino.com/careers or call 707-733-1900 x 167.

Northcoast Children's Services

ASSOCIATE TEACHER-
WILLOW CREEK

Assists teacher in the implementation & supervision of activities for preschool children. Requires a min. of 12 ECE units—incl. core classes—& at least 1 yr exp working w/ young children. **P/T** 34hr/wk (school year), $11.15-$11.72/hr.

TEMP CLASSROOM ASSISTANT-
WILLOW CREEK

Assist center staff in the day-to-day operation of the classroom for a preschool program (implementing & supervising activities). Prefer a min. of 6 ECE units & 6 months experience working w/ young children **P/T** 17/hr/wk: $10.07-$11.11

Positions are Open Until Filled and include vacation, holidays and sick leave benefits.

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521
For addtl info & application please call **707-822-7206**
or visit our website at **www.ncsheadstart.org**

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K'IMA:W MEDICAL CENTER

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

DOMESTIC VIOLENCE PREVENTION COORDINATOR FT/Regular ($26.44/hr). Supervise staff and services to domestic violence and sexual assault victims. This is a grant funded position. **Open until filled.**

CHIEF OPERATING OFFICER FT/Contractual ($39.60-47.51/hr, negotiable). Assists in managing a comprehensive health care delivery organization and supervises select organization programs. **Open until filled.**

MEDICAL ASSISTANT FT/Regular ($15.38/hr DOE). Provides administrative, clerical and technical support to physician; Certified Medical Assistant desired. **Open until filled.**

LICENSED VOCATIONAL NURSE FT/Regular ($19.05-24.77/hr DOE). Assists in providing direct nursing care for patients. **Open until filled.**

PUBLIC HEALTH NURSE FT/Regular ($33.30-43.29/hr). Assist in the overall management of patients both in clinic and in the field. **Open until filled.**

REGISTERED NURSE OUTREACH/CASE MANAGEMENT FT/Regular ($33.30-43.29/hr DOE). Assist in the overall management of patients both in clinic and in the field. **Open until filled.**

PHYSICIAN FT/Contracted ($91.34-115.38/hr). Provides medical care and referrals. **Open until filled.**

DENTIST FT/Contracted ($55.86-72.64/hr). Provides dental health care. **Open until filled.**

FAMILY NURSE PRACTITIONER FT/Contracted ($39.60-62.53/hr). Primary care provider seeing all ages of patients and all medical conditions. **Open until filled.**

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: **hr.kmc@kimaw.org** for a job description and application. Resume and CV are not accepted without a signed application.

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United Indian Health Services, Inc.

NOTICE for Health Consultants

Health and Wellness Contractor(s)
Shall provide presentations, trainings, and/or classes to share information about nutrition, fitness, cultural wellness, indigenous foods, and/or traditional beliefs around wellness. The consultant/contractor may also share information and best practices about how services can be tailored to be more successful in reaching the American Indian population. There may be training opportunities for those consultant/contractor interested in implementing health and wellness events and activities within the American Indian communities.

Traditional Healers/Natural Helpers
Shall provide cultural and traditional trainings/ presentations to share information and beliefs around suicide and the American Indian Community. Topics can include but are not limited to: risk factors, protective factors, cultural perspectives and practices, historical trauma, local history, and cultural healing, etc. The contractor may also share information and best practices about how services can be tailored to be more successful in reaching the American Indian population. Traditional Healers/Natural Helpers will also be available for traditional spiritual guidance for those in need during project events and activities.

Please submit a Letter of Interest and Resume to UIHS Human Resources by **September 23, 2016.**

In accordance with PL 93-638 American Indian Preference is applied. All applications welcome. UIHS offers competitive, wage and benefits.

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PUBLIC AUCTIONS
Thurs. Sept. 22nd 4:15pm
Large collection of antiques incl. 1920's dental cabinet, oak apothecary cabinet, glass ribbon cabinet + other antique & modern furniture.
Info & Pictures at WWW.CARLJOHNSONCO.COM
Preview Weds. 11 am - 5 pm & Thurs. 11 am to Sale Time
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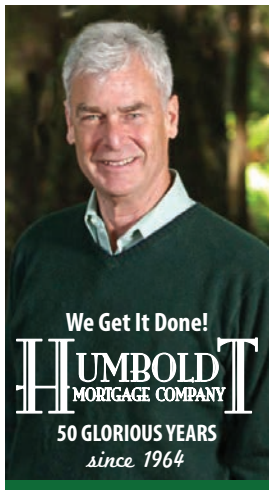
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THE TRINIDAD CIVIC CLUB is having a city wide rummage/garage sale on Sep 24 from 8a to 2p to benefit their scholarship fund.

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FAMILY ESTATE SALE: collectible antique china, pottery, hand made toys, old tools. Sat., Sept. 24, 7:30 AM-2:30 PM, 2230 S. St., Eureka.

PRE-ESTATE SALE! Great objects collected over 70 years. Glassware, silver, china; tools; car rack; antique tables, chairs, cabinets, lamps; books, CD's; desks, stained glass windows, treadle sewing machine, rugs, pull-out bed, filling cabinet, rowing machine; ladders, typewriter, pedestal sink and much more. Saturday, 9/24
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2008 **Toyota Tundra Double Cab** #38016 $15,995
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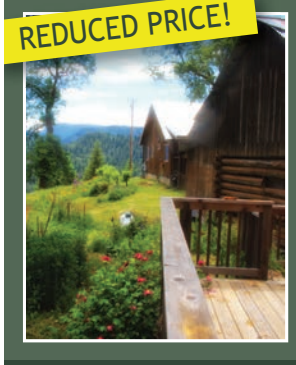
±40 Parklike acres 20 minutes outside of beautiful Leggett! Property has been lovingly cared for and meticulously improved with stunning custom artistic touches throughout. Parcel features a one of a kind 60'x30' permitted industrial living space, ocean views, wind turbine, solar system, permitted well, ocean views, fenced garden areas, mountain biking/hiking trails throughout, and a cargo container currently used as a shop. This is a must see property!

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